

# MARCH BREAK CLINICS

THURSDAY MARCH 19<sup>TH</sup>  
AND FRIDAY MARCH 20<sup>TH</sup>

## DANGLES & DEKES

Sick dangles, 1-on-1 skills, offensive puck control.  
**8+ Years** 3:00pm – 4:30pm \$79 +HST

## AGILITY SKATING & PUCK SKILLS

Cross-overs, pivots, stops/starts, acceleration.  
**9+ Years** 1:00pm – 3:00pm \$105 +HST

## GOALTENDING

with Greg 'Red Dog' Redquest.  
**6+ Years** 12:30pm – 2:30pm \$155 + HST

## ELITE TRAINING

Rep players only; Tune up for play-offs.  
**8+ Years** 10:30am – 12:30pm \$105 +HST

## SKATE & SHOOT

This will focus on a player's ability to skate and shoot.  
**7+ Years** 9:30am – 11:00am \$79 +HST

## DEFENCEMEN SKILLS

Position specific skills for offence & defence situations.  
**8+ Years** 11:00am – 1:00pm \$105 +HST

# 5-DAY CAMP

**For kids ages 6 and up.** Our March break camp will combine a high level of hockey instruction with a multitude of off-ice sports and activities. Campers will receive a minimum of 15 hours on the ice per week focusing on power skating, acceleration, shooting, passing, quick hands, quick feet, and puck protection. Off-ice activities may include, but are not limited to, bowling, ball hockey, martial arts, gymnastics, and mini stick hockey.

Drop-off at 8:30am

Pick-up between 4:30 and 5:00pm

**\$439 +HST**

Optional Meal Plan add \$50  
taxes included per week

Catering of meals  
provided by:



# MARCH BREAK 3-ON-3 HOCKEY TOURNAMENTS

## DIVISIONS & DATES

**Monday, March 16<sup>th</sup>, 2020**  
2009/2010 Rep and House League

**Tuesday, March 17<sup>th</sup>, 2020**  
2007/2008 Rep and House League  
2013/2014 Competitive and Recreational

**Wednesday, March 18<sup>th</sup>, 2020**  
2011/2012 Rep and House League

## TOURNAMENT DETAILS

- Teams are guaranteed 5 games each (based on number of teams entered into each division)
- Games will be 24 minutes in length (run time)
- Player line changes signaled by a 90 second buzzer in the Recreational and House League divisions only.
- Each tournament will run from **approximately** 8:00am to 6:00pm on their scheduled days, depending on total number of teams
- Teams will consist of a **maximum** of 7 skaters and 1 goalie
- Rep & House League levels available for each age group
- Jerseys and socks **will NOT be supplied**

**INDIVIDUAL ENTRY: \$99 (+HST)**  
**TEAM ENTRY: \$599 (+HST)**

Contact our main office to reserve your spot

905-953-0978 • [andrew@ntrcanada.com](mailto:andrew@ntrcanada.com)

# GOALTENDING PROGRAMS

Along with Major Junior and Pro playing experience, Greg 'Red Dog' Redquest currently works with the OHL's Owen Sound Attack and brings with him 30+ years of coaching knowledge ranging from teaching basic skating to working with pro and national team athletes.

## WEEKLY GOALIE CLINIC

This program is for Rep and House League goalies to improve their skills.

**Fridays (ages 6 - 9 years)** 7:00pm - 8:00pm \$449 +HST  
**Fridays (ages 10+ years)** 8:00pm - 9:00pm \$449 +HST

## GOALIE PRIVATE LESSONS

Greg also offers PRIVATE LESSONS on Wednesdays and Saturdays. Please contact Greg directly for more information.

**Greg "Red Dog" Redquest** 705-322-8401

## NTR GUIDELINES AND POLICIES

- Ice resurfacing (floods) are part of the scheduled time;
- Participants may only attend classes on the day they are registered for;
- NTR reserves the right to cancel or re-schedule any class due to enrollment;
- NTR reserves the right to move participants to an appropriate class for their skill level;
- Payment in full must be made at time of registration. Returned cheques (NSF) will be charged a \$25 fee;
- If a participant needs to withdraw from a program for any reason, NTR will provide a full credit that can be used for any NTR activity. If the participant requires a refund there will be a 10% administration fee charged. No refunds will be issued after the third class of any program;
- All NTR programs require participants to wear a helmet with full facial protection. All private facility rental users MUST properly wear a CSA approved helmet at all times when on any NTR Ice surface (adults included);
- NTR is not responsible for lost, stolen, or vandalized items. Items left unattended are done at users' own risk.

# NATIONAL TRAINING RINKS NEWMARKET

"SMALLER ICE, BIGGER SKILLS"



# MARCH BREAK & WINTER 2020 PROGRAMS

1155 Stellar Dr, Newmarket, ON  
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[newmarket@ntrcanada.com](mailto:newmarket@ntrcanada.com)

Follow us on: @NTRNewmarket  
Visit us at: [NTRCanada.com](http://NTRCanada.com)

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# WINTER 2020 PROGRAMS START

**SATURDAY, JANUARY 4<sup>TH</sup>, 2020  
AND WILL RUN FOR  
13 WEEKS ENDING ON  
FRIDAY, APRIL 3<sup>RD</sup>, 2020**

## LEARN TO SKATE

**\*NEW PRICING and FORMAT for 2020!\***

**Ages 3 years old and up.** No experience required. Skaters must wear a hockey helmet with full facial protection. New 45 minute class format! Class will be divided into warm-up, small group instruction and free time!

Tuesday	4:30pm – 5:15pm	\$249 +HST
Thursday	5:00pm – 5:45pm	\$249 +HST
Thursday	5:45pm – 6:30pm	\$249 +HST
Friday	4:45pm – 5:30pm	\$249 +HST
Saturday	10:00am – 10:45am	\$249 +HST
Saturday	10:45am – 11:30am	\$249 +HST
Saturday	11:30am – 12:15pm	\$249 +HST
Sunday	9:40am – 10:25am	\$249 +HST
Sunday	10:25am – 11:10am	\$249 +HST
Sunday	11:10am – 11:55am	\$249 +HST

## PRIVATE & TEAM TRAINING

**Specialized, specific, and personalized training by ELITE LEVEL INSTRUCTORS**

30 Min Sessions	1 Player	2 Players	3 Players
1 Session	\$75 +HST	\$120 +HST	\$140 +HST
10 Sessions	\$700 +HST	\$1000 +HST	\$1200 +HST
25 Sessions	\$1625 +HST	\$2250 +HST	\$2500 +HST
1 Hour Sessions	1 Player	2 Players	3 Players
1 Session	\$135 +HST	\$190 +HST	\$200 +HST
5 Sessions	\$600 +HST	\$825 +HST	\$900 +HST
10 Sessions	\$1100 +HST	\$1550 +HST	\$1700 +HST
25 Sessions	\$2500 +HST	\$3375 +HST	\$3750 +HST

Team Clinics = \$310 +HST for one full hour

# BEGINNER PROGRAMS

### INTRODUCTION TO POWER SKATING

**Ages 4 years old and up.** For kids who have received prior learn to skate instruction and show an interest in playing hockey. Class requires full hockey equipment.

Wednesday	4:30pm – 5:30pm	\$389 +HST
Friday	5:30pm – 6:30pm	\$389 +HST
Saturday	12:00pm – 1:00pm	\$389 +HST
Sunday	12:15pm – 1:15pm	\$389 +HST

### LEARN TO PLAY HOCKEY LEVEL 1

**Ages 4 years old and up.** This is an introductory hockey class for those that are able to skate.

Fundamental hockey skills such as proper stride, stopping and basic edgework will be taught in this class. Basic puck control, passing and shooting will also be taught. Each class will end with cross ice scrimmages.

Thursday	4:30pm – 5:30pm	\$389 +HST
Saturday	12:15pm – 1:15pm	\$389 +HST
Sunday	1:15pm – 2:15pm	\$389 +HST

### LEARN TO PLAY HOCKEY LEVEL 2

**Ages 5 years old and up.** The next level up from Learn to Play Hockey Level 1, players will further enhance their basic skills both with and without the puck. Each class will end with cross ice scrimmages. Full hockey equipment is required. Must have at least 1 year of hockey experience.

Saturday	1:15pm – 2:15pm	\$389 +HST
Sunday	2:15pm – 3:15pm	\$389 +HST

### POWER SKATING LEVEL 1

**Ages 5 years old and up.** This class will introduce and reinforce basic concepts such as long strides, edge work, crossovers, etc. Players must be able to skate forwards, backwards and stop.

Wednesday	5:30pm – 6:30pm	\$389 +HST
Friday	6:30pm – 7:30pm	\$389 +HST

**CALL US FOR  
MULTI-SESSION  
DISCOUNTS**

# DEVELOPMENT PROGRAMS

### POWER SKATING & PUCK CONTROL

**Ages 6 to 9 years old.** This program will focus on two of the most important skills of hockey, skating and handling the puck.

Saturday	3:15pm – 4:15pm	\$389 +HST
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### ULTIMATE SCORER FOR YOUNG GUNS

**Ages 6 to 9 years old.** All aspects of puck handling, puck protection, passing, and shooting will be the focus. For those who have played hockey at least 1-2 years.

Friday	5:00pm – 6:00pm	\$389 +HST
Sunday	3:15pm – 4:15pm	\$389 +HST

### DANGLES & DEKES

**Ages 10 years old and up.** Learn how to dominate in 1- on-1 situations. Handle the puck at top speed and in tight spaces. Must have at least 2 years of hockey experience.

Friday	6:00pm – 7:00pm	\$389 +HST
Saturday	4:00pm – 5:00pm	\$389 +HST

### RECREATION AND BEGINNER

**Ages 9 to 14 years old.** This program will introduce skating and puck control to those who have chosen to start hockey at a later age. It's never too late to start!

Friday	7:30pm – 8:30pm	\$389 +HST
Saturday	2:15pm – 3:15pm	\$389 +HST

### AGILITY SKATING & PUCK SKILLS

**Ages 10 years old and up.** This high tempo class concentrates on the short burst aspect of skating such as balance, acceleration, and edges, and combines them with offensive techniques.

Tuesday	5:00pm – 6:00pm	\$389 +HST
Saturday	5:00pm – 6:00pm	\$389 +HST

### DEFENSEMAN SKILLS

**Ages 9 years old and up.** Exclusively for defensemen, this program will work on positional specific skills such as backward and agility skating, puck control, passing, and shooting. It will also work on positional specific scenarios in the offensive and defensive zones.

Saturday	4:15pm – 5:15pm	\$389 +HST
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# SPECIALTY PROGRAMS

### SKILLS IMPROVEMENT & 3 ON 3

Get the best of both worlds by combining **45 minutes of skill development followed by 45 minutes devoted to FULL ICE 3 ON 3 HOCKEY.** The skills portion of each class will be a combination of power skating, puck handling, and shooting. The scrimmage portion will put the players in game-like situations.

#### Ages 5 to 8 years old

Thursday	5:30pm – 7:00pm	\$579 +HST
Saturday	1:00pm – 2:30pm	\$579 +HST

#### Ages 7 to 10 years old

Saturday	2:30pm – 4:00pm	\$579 +HST
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### ADULT HOCKEY SKILLS

**Minimum age is 15 years old.** No experience required. These sessions are for adults to work on various areas of hockey. Focus will be on power skating, puck control, and working towards each individual's personal goals.

Sundays (Women)	8:30am – 9:30am	\$389 +HST
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Fridays (Men)	8:30pm – 9:30pm	\$389 +HST
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# ELITE PROGRAMS

### ELITE DEFENSE

**Ages 9 years old and up playing A/AA/AAA.**

High tempo elite skate which will focus on advanced edgework and skating, individual skills as well as flow drills and small area games/battles.

Saturday	5:15pm – 6:15pm	\$389 +HST
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### ELITE OFFENCE

**Ages 9 years old and up playing A/AA/AAA.**

Elite level offensive skills, puck protection and goal scoring. Individual skill development as well as game situation drills.

Sunday	5:15pm – 6:30pm	\$449 +HST
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### ADVANCED POWER SKATING

**Ages 9 years old and up playing A/AA/AAA.**

Advanced power skating focusing on elite level edgework, speed, agility and lateral movement.

Sunday	4:15pm – 5:15pm	\$389 +HST
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**SAVE \$100 When you sign up  
for any 2 Elite Programs!**