

Professional Expertise

At National Training Rinks, all of our training and instruction has been developed with the expertise of over 50 years of NHL Hockey and high level coaching and instructional experience.

Mike Gartner, NHL Hall of Famer, and **Wes Jarvis**, retired NHL player, developed and expanded NTR's unique approach to hockey instruction from beginners to elite hockey players.

This tradition of quality instruction is now available at our Richmond Hill facility led by **Rick Cornacchia**, who has over 30 years of high level instruction and coaching experience including 11 years as a coach in the OHL, highlighted by winning the 1990 Memorial Cup as coach of the Oshawa Generals, and coaching Canada's National Junior Team.

In addition to the NTR staff, our specialty programs are supported by proven professional instructors.

Ryan Olidis – Power Skating & Skills

Rob Acton – Power Skating & Skills

Steve Young – Power Skating & Skills

Sandy Stuart – Power Skating & Skills

David Arblaster – Skill Development

Geordan Traverse – Skill Development

Shane Roberts – Power Skating & Skills

Frank Salvatore – Power Skating & Skills

Margo Huen – Learn to Skate

Hayley Zak – Learn to Skate

Judy Chantler – Learn to Skate

Philosophy and Program

National Training Rinks delivers a unique, proven learning experience in programs from Learn To Skate to elite specialized hockey training.

We strongly believe our unique rink design enables a higher degree of learning at all levels. Learning in a small environment creates faster/better skill development.

We are also committed to more personalized instruction which is achieved through **SMALLER CLASS SIZE**. Our programs have a maximum class size of 20 to 25 students. Smaller class size allows for more individual attention and a higher repetition rate of drills.

SKILL DEVELOPMENT PROGRAMS

Programs begin the week of Saturday January 4th, 2020

Program lengths are:

Mondays 12 Weeks, Tuesdays to Fridays 13 Weeks

Saturdays & Sundays 14 Weeks

All programs are 1 hour unless otherwise indicated.

Last day of classes Sunday, April 5th, 2020

NEW! PRICING **Learn to Skate - Ages 3+** **NEW! PRICING**
An introduction to the basic skills of skating. Helmet and full facial protection required.

All Learn to Skate programs are 45 minutes

Tuesdays 4:45 pm & 5:30 pm **\$249**

Thursdays 4:45 pm & 5:30 pm **\$249**

Fridays 4:00 pm, 4:45 pm & 5:30 pm **\$249**

Saturdays 1:15 pm, 2:00 pm, 2:45 pm & 3:30 pm **\$269**

Sundays 9:20 am, 10:05 am, 10:50 am, 11:35 am,
12:30 pm, 1:15 pm & 2:00 pm **\$269**

Learn to Skate/Learn to Skate for Hockey

Private or Semi Private Lessons

Saturdays 12:15 pm

Adult Learn to Skate

Sundays 2:00 pm **\$269**

Learn to Skate for Hockey - Ages 4+

Players must be able to push and glide. Full hockey equipment is required.

NO CLASS: Monday, February 17th

Mondays 4:15 pm **\$333**

Saturdays 12:00 pm & 4:15 pm **\$389**

Sundays 8:15 am **\$389**

Learn to Play Hockey Level 1 - Ages 4+

For players that can skate. They will learn the fundamentals of hockey. Full hockey equipment is required.

Wednesdays 4:15 pm **\$359**

Saturdays 1:00 pm **\$389**

Sundays 1:00 pm **\$389**

Learn to Play Hockey Level 2 - Ages 5+

For players with a minimum of 1 year of hockey experience.

Saturdays 2:00 pm **\$389**

Sundays 2:00 pm **\$389**

Introduction to Power Skating - Ages 5+

For players that can skate. They will learn the fundamentals of skating for hockey. Full hockey equipment is required, stick included.

Saturdays 3:00 pm **\$389**

Sundays 2:45 pm **\$389**

Ultimate Scorer for Young Guns - Ages 6+

Players will learn to develop specialized skills focused towards scoring, deking, shifting, quick hands and shooting.

Wednesdays 4:30 pm **\$359**

Saturdays 4:00 pm **\$389**

Power Skating & Puck Skills - Ages 7+

Proper stride techniques & body positioning. Systematic approach to all puck handling skills. Must have 2 years of hockey experience.

NO CLASS: Monday, February 17th

Mondays 4:30 pm **\$333**

Fridays 4:30 pm **\$359**

Saturday 5:00 pm **\$389**

Power Skating

High level instruction on advanced techniques of balance, stride, recovery, edge control and agility.

Thursdays Power Skating 1 4:30 pm **\$359**

Thursdays Power Skating 2 5:30 pm **\$359**

Saturdays Power Skating 1 5:15 pm **\$389**

Saturdays Power Skating 2 6:15 pm **\$389**

Sundays Power Skating 1 3:45 pm **\$389**

Sundays Power Skating 2 4:45 pm **\$389**

Stick Handling & Shooting Skills - Ages 8+

All skills are taught in a progressive approach that will benefit all skill levels. Totally focused on mastering stick handling & shooting skills.

Saturdays 7:00 pm **\$389**

Power Skating, Puck Control & Passing - Ages 8+

Focuses on all skating skills and every aspect of puck handling and passing techniques.

Tuesdays 5:30 pm **\$359**

Elite Forward Skills - Ages 9+ REP

Develops skills for game situations, driving to and following your shot to the net, counter pinching, creating time and space, escapes, puck protection, etc.

Sundays 6:00 pm **\$389**

Advanced Power Skating

Acceleration & Agility - Ages 9+ REP

This unique high tempo program will focus on: efficient stride development, quickness, agility, balance, explosive starts, turns and crossovers, backward and lateral movement; quick footwork and conditioning.

Saturdays 7:15 pm **\$389**

Sundays 5:45 - 7:15 pm **\$589**

Elite Defense Skills - Ages 9+ REP

Specialized skill development for defensemen

Saturdays 6:00 pm **\$389**

Agility Skating & Puck Skills - Ages 10+

Focuses on the short burst aspect of skating such as: balance, crossovers, acceleration, tight turns, lateral movement, quick feet and combines them with offensive techniques.

NEW! Tuesdays 6:30 pm **\$359**
Sundays 7:00 pm **\$389**

Adult Hockey Skills

- 30 Minutes of Power Skating
- 30 Minutes of Skill Development
- 30 Minutes of Scrimmage

Sundays 7:15 - 8:45 pm **\$589**

Sunday Skills Improvement & Play (3-on-3)

A unique concept - 45 minutes of skill improvement and a 45 minute game of 3-on-3 hockey.

Only 20 players per session.

Tyke (2013 & 2014)

3:00 - 4:30 pm **\$589**

Novice & Atom (2009 & 2012)

4:30 - 6:00 pm **\$589**

SPRING/SUMMER

3-ON-3 YOUTH & ADULT POND HOCKEY LEAGUES

- Tyke to Midget • Weekdays or Weekends
- Individual Entries • Team Entries
- Rep Leagues • House Leagues

League starts Friday, April 24th

Private & Small Group

Lessons (1 Hour)

Lessons	1 Player	2 Players	3 Players
1	\$150	\$200	\$225
5	\$700	\$900	\$975
10	\$1300	\$1700	\$1800

All prices are plus HST.

Registration Information

Name: _____

Parent's Name(s): _____

Address: _____

City: _____

Postal Code: _____

Home Phone: _____

Cell: _____

Email: _____

Program: _____

Time: _____

Date of Birth (M/D/Y): _____

Debit: Cash: Cheque: N.B. All prices are plus HST

Visa/MC #: _____

Expiry Date: _____

Waiver of Liability. The student applicant on the application and his/her parents/guardians agree that the National Training Rinks (N.T.R.), shall not be held responsible for any injury, loss or damage whatsoever occurring to the participant while he/she is in attendance at N.T.R. programs or including while he/she is within the premises occupied by N.T.R.

I/We acknowledge and agree that N.T.R. reserves the sole and exclusive right to use any photographs or videos taken during the program for advertising and/or instructional purposes, without cost or charge to N.T.R. and the I/We consent to photographs or videos being taken for the purposes contained herein.

I/We consent to his/her or my attendance on the terms of this waiver of liability or in the case of a guardian of a person under 19 years of age grant our consent to the terms of this waiver.

I/We acknowledge reading this Application and Declaration and understand the conditions contained herein and agree to abide by all terms.

Date: _____

Signature: _____

Print Name: _____

National Training Rinks Guidelines

- Ice Resurfacing (floods) are part of the program time.
- Participants may only attend classes on the day they are registered.
- NTR reserves the right to cancel or re-schedule any class due to enrollment.
- NTR reserves the right to move participants to the appropriate class for their skill level.
- Payment in full must be paid at time of registration.
- A \$50 returned cheque (NSF) fee will be charged.
- Absolutely no refunds after the third week of classes.
- Refunds requests will be charged a 10% administration fee.
- For all skating programs a helmet with a full facial protection (mask) is mandatory.

March Madness **IT'S BACK!**

Full Day Camp

Monday March 16th - Friday March 20th

Drop off 8:30 am - Pick up 4:30 pm

4 hours of on ice instruction

& off-ice activities

Cost is \$439

Optional Meal Plan \$45

Win Leaf Tickets!

Register for our March Madness Full

Day Camp and automatically be

entered for a chance to win a pair

of Toronto Maple Leaf tickets for

Monday, March 23rd.



March Break Tournaments

Monday, March 16th

Tyke (2013/2014)

Tuesday, March 17th

Novice (2011/2012)

Wednesday, March 18th

Atom (2009/2010)

Thursday, March 19th

Peewee (2007/2008)

Friday, March 20th

Bantam (2005/2006)

Tournaments run ALL DAY. Minimum 5 games per team. Teams consist of 6 players and 1 goalie. Maximum of 7 players and 1 goalie. Games run for a 24 minute running time period.

The cost is \$99 per individual or

\$599 per team entry

Christmas Drop & Shop

Monday December 23rd

Drop- off 9:00am | Pick up 4:00pm

4 hours of on-ice instruction + lunch

Tuesday December 24th

Drop - off 9:00am | Pick up 12:00pm

2 hours of on-ice instruction

Full Day Half Day Two Days

\$99

\$59

\$149

Santa's 4 Day Camp

Monday December 30th - Friday January 3rd

NO CAMP JANUARY 1st

4 hours of on-ice instruction per day +

a full day of activities

Drop - off 8:30am | Pick up 5:00pm

Cost is \$359

Optional Meal Plan \$36



Gift Card

Perfect for Any Occasion & Gift

Possibilities are limitless

Can be used towards any programs, privates, camps, tournaments & clinics.

PA Day Programs

Friday, January 17th

Friday, January 31st

Monday, June 1st

Hockey skills and recreation activities

Full Day Program 9 am to 4 pm

3 hours of ice time & off ice activities, includes lunch.

One day

\$99

Two days

\$188

Three days

\$275

"Not Just Another Arena"



NTR

National Training Rinks

Like us on facebook @NTR.RHILL
Follow us on Instagram @ntr_richmondhill

WINTER/MARCH BREAK

2020 Programs

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www.ntrcanada.com

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