



# Danbury Ice Arena

One Independence Way  
Danbury, CT 06810  
(203) 794-1704

## Adult Hockey Clinic

- **10 Sessions \*\$160.00**

- \$26 individual Walk on Fee

\*Sign up in December for *all 10 sessions* and receive a \$15.00 Danbury Arena Gift Card to be used for any future clinic.

### - **SUNDAY EVENINGS**

#### **The Adult Power Hour**

**POWER SKATING**- The Adult hockey clinic power skating will focus on basic hockey skating techniques...Stops, Starts, Turning and Stride... We will also incorporate some conditioning so you can wake up for work feeling strong!

**STICK HANDLING and SHOOTING** - This part of the clinic will help the Adult Hockey Player to continue to develop stronger puck handling skills as well as fostering a better hockey shot...Most drills will incorporate cone work ending with many shots on net!

**A Scrimmage will conclude your Adult Power Hour!**

#### **Adult Hockey Clinic Sunday Evenings**

**December 6, 13, and 20**                      8:30pm – 9:30pm

**January 3, 10, 17, 24, 31**                      7:30pm – 8:30pm

**February 14, 21**                                  7:30pm – 8:30pm

*Please Call The Danbury Arena To Sign up*

203-794-1704