

# IT'S BACK

## Early Morning Hockey Clinic!!

Tuesday mornings with Gus DuMoulin

### WAKE UP & EXERCISE BEFORE WORK

## Hockey Style!!

This early morning hockey clinic is designed to jump start your day with an invigorating cardio hockey work-out!! It is for adults only 18+, players of all skill levels. This one hour- 8 week program will cover a broad spectrum of hockey skills and fundamentals including: skating, shooting, passing, puck control and much more

**Starts: Tues. Jan. 5th, 2010 6:45am-7:45am.**

**6:45am-7:45am for 8 weeks**

**Cost: \$199**

**Registration: In person at the front office or the hockey office.**

*30 players and 2 goalies max.*

*For more information, please call the hockey office 954-341-9956*

**GET IN NOW BEFORE IT SELLS OUT- Limited spots available**

**\$35.00**  
Drop in  
price

