

# SLEDGE HOCKEY

## Friday Nights - - Hillcrest Rink

Want to learn how to play an exciting Paralympic sport? Learn how to move your sled, shoot the puck, and play fun games with enthusiastic instructors and volunteers. This is a perfect program for children, youth, and adults wanting to learn something new! All abilities welcome!

**Register at the front desk of Hillcrest...**

Novice - 5:15-6:15pm

Intermediate – 6:30-7:30pm

Session 1: Sept. 16<sup>th</sup> – Oct. 21<sup>st</sup>, 2011

Session 2: Oct. 28<sup>th</sup> – Dec. 16<sup>th</sup>, 2011

\$78/6 Session Set



\* All participants must wear a helmet with a full face mask, elbow pads and gloves, intermediate participants must also have shin pads and shoulder pads. \*



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