



Endure Sports Christmas Hockey Camp December 22nd, 23rd, 29th, 30th, 31st and January 2nd

Players will rotate through 5 stations throughout the day.

Included will be:

- Shooting lessons
- Stickhandling and passing skills
- Skating treadmill
- Dryland workouts
- Volleyball and Basketball



What to bring: Hockey helmet, gloves, skates, stick, t-shirt, shorts or track pants, running shoes, and a water bottle. Players coming for the full day camp will also need to bring a lunch with them.

MORNING SESSION: 9am- Noon
\$40.00

LUNCH: NOON - 1p.m.

AFTERNOON SESSION: 1pm-4pm
\$40.00

FULL DAY: 9am-4pm \$75.00
6 days x \$70.00 = \$420

Three Age Groups:

7-9 year olds

10-12 year olds

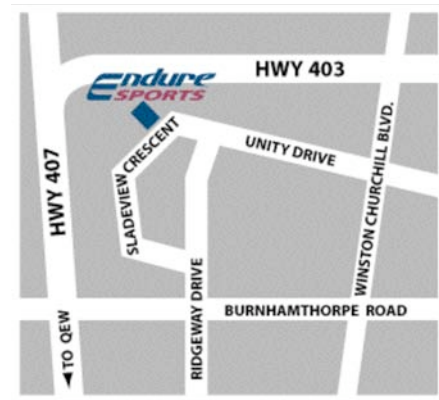
13-15 year olds

Flexible drop off & pick up times:

Drop off between 8 - 9am

Pick up between 4 - 5pm

Camp participation confirmation is to be received back to Michelle at Endure Sports either by e-mail or by phone (905) 593-2987, by Monday, December 15th, 2008.



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