

Hockey Introduction Program

Three groups. One path into hockey.

Each group builds confidence and skills in a fun, supportive environment.



THE PROGRESSION COMFORT

SKATING

HOCKEY

1

Get Comfortable

THE FIRST STEPS

- Learn how to stand up and move safely on the ice
- Play simple games that make being on skates fun
- Build comfort, confidence and independence

2

Learn to Skate

BUILD THE BASICS

- Learn the basic movements used in skating
- Develop balance, control and forward movement
- Continue learning through instruction and games

3

Skate Into Hockey

ADD HOCKEY ACTIVITIES

- Learn more about skating and continue building confidence
- Begin hockey-based activities and skill development



Scan for Schedule & Details

Optional practices are offered on occasional Friday nights.

Players progress at their own pace as comfort and skills develop.

Coaches place players where they can learn, succeed and have fun.