



# Hockey

Effective August 16<sup>th</sup> – December 19<sup>th</sup>, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Parent/Youth S&P 5:45-6:45 AM	Adult S & P 5:45-6:40 AM	Adult S&P 5:45-6:45 AM	Parent/Youth S&P 5:45-6:40AM		
Parent/Youth S&P 8:15-9:15 AM		Adult PU Open 6:50-8:00 AM	Adult PU Intermediate 7:00-8:15 AM	Adult PU Novice 6:50-8:15AM	Adult PU Open 7:00-8:45 AM	
Adult Pick Up Intermediate 9:30-10:30 AM				SKILLS & DRILLS 11:15-12:00 PM	Adult Pick Up <b>Advanced Only</b> 11:00-12:10 PM	
	Adult Pick Up <b>Advanced Only</b> 11:45 - 1:15 PM	Adult Pick Up Intermediate 11:45 - 1:15 PM	Adult Pick Up Int / Adv 11:45 - 1:15 PM	Adult Pick Up Open 12:00-1:15 PM	Adult Pick Up Intermediate 12:20-1:30 PM	
					Adult Pick Up Advanced 5:00 - 6:15 PM	

**SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE**

**ADULT PICK UP (18 & Over):** Members may sign up 5 days in advance; Non-Members 2 days in advance. Max: 2 Goalies and 20 players. Players *\*must call to cancel\** if they will not make the game, or face suspension of Pick-Up privileges.

**PARENT / YOUTH STICK & PUCK:** Members may sign up 5 days in advance; Non-Members 2 days in advance. Maximum: TWO Youth per ONE adult. Slap Shots are NOT allowed during stick & puck. Helmets (HECC certified) are required; full equipment is strongly recommended.

**SKILLS & DRILLS:** Helmets (HECC certified) are required; elbow pads & stick highly recommended. YMCA Hockey Instructors lead special drills to improve your skating, stickhandling, and shooting in a great cardiovascular workout.

**\*Please Note:** Ice hockey is an inherently risky sport, we strongly recommend full equipment. Helmets (HECC certified) are required. The YMCA reserves the right to ask anyone to leave the facility, or revoke membership.

<b>Rates:</b>	* Members *		* Non-Members *	
	Youth	Adult	Youth	Adult
Adult Pick Up .....	Free	Free	n/a	\$12
Teen Pick Up.....	Free	Free	\$6	n/a
Stick & Puck .....	Free	Free	\$3	\$12