



## Endure Sports Christmas Hockey Camp December 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> and January 2<sup>nd</sup>

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

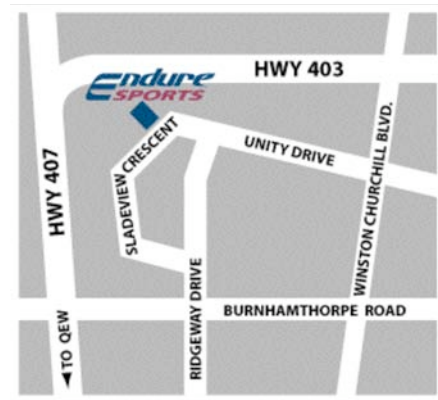
13-15 year olds

**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.



4190 SLADEVIEW CRES. UNIT 4 MISSISSAUGA, ONTARIO L5L 0A1

TEL: 905 593 2987 [enduresports.com](http://enduresports.com)