



BALL HOCKEY/SKILLS BOOT CAMP

Sunshine Coast Arena

6 - 8 Yrs & 9 - 12 Yrs

Mon - Fri

July 6 - 10

10:00am - 1:15pm

\$140

for 5 classes

This program combines the fun of playing ball hockey on the dry floor plus an outdoor boot camp. This program focusses on fitness, strength aerobic conditioning, and skill development. Participants will work hard, have a blast, and hone their hockey skills.

Participants are required to wear a helmet, face mask and gloves as well as bring a lunch and drinks.



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604-885-6801