



Adult Try Hockey for Free!



***** Equipment Available *****

What/Who:

- Try ice hockey event at Young Arena on Tuesday, **September 25th** from **6:30-8:00pm**
- For adults (18+) interested in trying ice hockey for free

Details:

- Register on WAHA website
 - www.waterlooaha.com/contact-us
- Wear loose fitting athletic clothing – pants and long sleeves
- Show up at least 30 minutes early to sign in and get equipment/skates fitted
 - **Free skate rental** from Young Arena
 - You can also wear your own equipment/skates

What to Expect:

- Drill stations – skating, passing, puck handling, shooting
- Coaching
- Short scrimmage

Limited Equipment Provided:

- Helmet
- Gloves
- Shin pads
- Elbow pads
- Composite stick
- Practice jersey

Follow-Up:

- Like us on Facebook
 - www.facebook.com/waterlooaha
- WAHA rec league season begins in October



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