

Grand Rapids Amateur Hockey Association

2011-2012

Beginner Programs START October 1st!

Learn to Play / Cross Ice Program

\$500.00

- Boys and girls ages 3-13.
- Cross ice 1- ages 3-8 years, Cross ice 2- 9-13 years (learn to play)
- Weekend only program, running for 24 weeks.
- Small teams will be formed based on players' skill and age for practices and games.
- Fundamentals of hockey taught by USA Hockey certified coaches
- Circuit training methods are used in practices with a progression to 3 on 3 cross ice games.
- Saturday is practice day where we focus on skills and Sunday is game day.

Learn To Skate (Fall-10/1 to 11/19 and Winter- 1/7 to 2/25)

\$100.00

- 8 week basic hockey skills
- Saturdays 9:00- 9:50AM
- Hockey helmet with face shield and skates required
- Jersey provided for all skaters
- Ages 3 to 8 years

For more information visit our website @ www.graha.org or contact Jean Laxton at 616-285-4600