



COWICHAN LAKE SPORTS ARENA 49TH HOCKEY SCHOOL PARENT INFORMATION BULLETIN

The COVID-19 pandemic has had an impact on the Cowichan Valley Regional District's (CVRD) ability to deliver programs and services to its citizens. While we are hoping to be able to offer hockey development programs, modifications have been put in place in response to COVID-19 to ensure the health and wellbeing of the community and staff. Numbers will be reduced in order to maintain social distancing. Dressing rooms and showers will remain closed in August so players must arrive dressed and go home sweaty. Only one parent (no siblings or other spectators) allowed in the arena during hockey school.

REGISTRATION IS NOW OPEN – Don't Delay – Register today!

Traditional Hockey School

Join Steve Lingren for an exciting week of traditional hockey school. Open to boys and girls ages 6 – 14 years, this school will focus on skill development, power skating, conditioning, and more! Class sizes will be limited to 18 participants in each age category so register fast to ensure your spot. One parent (no other family or guests) will be required to attend per participant for those who need help with dressing or tying skates. Staff will not be assisting. Kids must come dressed and ready to go! Hockey access is now through the arena doors on the south side of the building. Please follow signage. Your fee includes 2.5 hours of ice time per day, 1 hour off-ice conditioning, bagged lunch daily, and a CLR Hockey School jersey to take home. Please see attached registration form for further details.

Ages 6 – 8 Players | Monday to Friday | Aug 10 – 14 | 5 days / \$295 | Code 21140
Ages 6 – 8 Goalies | Monday to Friday | Aug 10 – 14 | 5 days / \$130 | Code 21141

Ages 9 - 10 Players | Monday to Friday | Aug 10 – 14 | 5 days / \$295 | Code 21142
Ages 9 - 10 Goalies | Monday to Friday | Aug 10 – 14 | 5 days / \$130 | Code 21143

Ages 11 –14 Players | Monday to Friday | Aug 17 – 21 | 5 days / \$295 | Code 21144
Ages 11 – 14 Goalies | Monday to Friday | Aug 17 – 21 | 5 days / \$130 | Code 21145

Power Skating

Sign up for one week of action-packed power skating with a focus on balance, power, agility, speed, and endurance. This program is designed to improve skating technique. The fee includes a CLR Hockey School jersey and 1.25 hours of ice time per day.

Monday to Friday | Aug 17 – 21 | 5 classes/\$160 | Code 21146

To register

Call 250.749.6742 ext. 0 or drop by the office Monday to Friday 10 am – 5:30 pm

For your convenience, a registration form is attached to this email.

July 6, 2020