

# Sledge Hockey

## Program Information

This exciting game of hockey is inclusive to all abilities. Family & friends are encouraged to join in!

A registered instructional program for ages 7+ is available from 11:15 a.m. to 12:15 p.m. on Sundays. A sledge, modified equipment and sticks are provided as needed. Registrants may remain on the ice for the Sledge Shinny session. Following the registered program, a drop in Sledge shinny is available Sundays from 12:15 to 1:15 p.m. A great recreation opportunity for athletes, families and friends.

Cost is \$5.50. If a sledge is required to rent, fee will be \$7. Sledges and sticks are available. Some specialized equipment such as push bars and high back support are available to customize the sledges. Please pay at kiosk BEFORE time begins.

Full equipment required. Players are required a neck guard and full face protection. A recreational time that often results in a game of pick up hockey. Sledges are available for use during public/family skate times.