

Team Training Programs Available for the 2011 Campaign



2011-12 Winter Ice Availability

| Date | Start | Location | Fee Per Hour (2 Instructors) | Rental Fee Per Hour |
|----------------|---------|-----------------|------------------------------|---------------------|
| Wed. Feb. 1 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Wed. Feb. 8 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Fri. Feb. 10 | 8:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Wed. Feb. 15 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Feb. 19 | 11:00am | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Feb. 19 | 6:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Wed. Feb. 22 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Thurs. Feb. 23 | 5:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Fri. Feb. 24 | 8:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Feb. 26 | 11:00am | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Feb. 26 | 5:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Feb. 26 | 6:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Wed. Feb. 29 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Thurs. Mar. 1 | 5:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Fri. Mar. 2 | 8:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sat. Mar. 3 | 12:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Mar. 4 | 11:00am | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Mar. 4 | 5:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Mar. 4 | 6:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Mon. Mar. 5 | 7:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Tues. Mar. 6 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Wed. Mar. 7 | 9:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Thurs. Mar. 8 | 5:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Fri. Mar. 9 | 7:30pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sat. Mar. 10 | 10:00am | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sat. Mar. 10 | 12:00pm | Varsity Rink #1 | \$335.00 | \$225.00 |
| Sun. Mar. 11 | 11:00am | Varsity Rink #1 | \$335.00 | \$225.00 |

Goalie Training

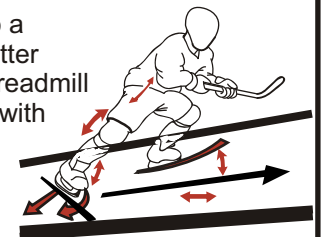


Goalie training is available through Team Shutout Goalie School.

They offer weekly clinics, camps, private sessions and instruction. Real ice training at The Varsity Training Centre. For more information contact Maurice Tanel at 905-860-1111

Skating Treadmill

Develop your team into a stronger, faster, and better conditioned unit. Our treadmill allows athletes to train with their skates on, with a surface that simulates the friction of ice.



Develop your team's skating mechanics with Varsity's skating treadmill. **Fee: \$100 per hour (1 instructor to conduct)**

2011-12 Team Development

Contracts Available on Varsity's 3 on 3 Rink

| Day | Start Time | Fee Per Hour with 2 Instructors | Rental Fee Per Hour |
|----------|------------------------|---------------------------------|--------------------------|
| Mondays | 7:30 p.m. | \$335 | \$225.00 (Half Contract) |
| Tuesdays | 5:30 p.m. | \$335 | \$225.00 |
| Sundays | 3:00 p.m. or 6:00 p.m. | \$335 | \$225.00 |



TIME FOR ME TO LEARN HOCKEY

There is no better place than the Varsity Training Centre to give your child his or her first experience with learning to play hockey.

Learn to Play (62-01) \$275
Fall Program - 12 Weeks starts Sept. 25, 2011

For boys and girls aged 4, 5, & 6 years old. Players will practice basic skating mechanics and repeat fundamental balance drills. Varsity has developed a proven instructional and fun format for our beginner players.

