

Team Training Programs Available for the 2009 Campaign



2009-10 Winter Ice Availability

Date	Start	Location	Fee Per Hour (2 Instructors)	Rental Fee Per Hour
Tues. Mar. 9	8:30pm	Varsity Rink #1	\$325.00	\$225.00
Wed. Mar. 10	6:30pm	Varsity Rink #1	\$325.00	\$225.00
Wed. Mar. 10	8:30pm	Varsity Rink #1	\$325.00	\$225.00
Fri. Mar. 12	8:30pm	Varsity Rink #1	\$325.00	\$225.00
Sat. Mar. 13	2:00pm	Varsity Rink #1	\$325.00	\$225.00
Sat. Mar. 13	3:00pm	Varsity Rink #1	\$325.00	\$225.00
Sat. Mar. 20	9:00am	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 21	9:00am	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 21	10:00am	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 21	3:00pm	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 21	5:00pm	Varsity Rink #1	\$325.00	\$225.00
Mon. Mar. 22	8:30pm	Varsity Rink #1	\$325.00	\$225.00
Tues. Mar. 23	5:30pm	Varsity Rink #1	\$325.00	\$225.00
Tues. Mar. 23	6:30pm	Varsity Rink #1	\$325.00	\$225.00
Wed. Mar. 24	6:30pm	Varsity Rink #1	\$325.00	\$225.00
Wed. Mar. 24	7:30pm	Varsity Rink #1	\$325.00	\$225.00
Thur. Mar. 25	5:30pm	Varsity Rink #1	\$325.00	\$225.00
Thur. Mar. 25	8:30pm	Varsity Rink #1	\$325.00	\$225.00
Fri. Mar. 26	7:30pm	Varsity Rink #1	\$325.00	\$225.00
Fri. Mar. 26	8:30pm	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 28	9:00am	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 28	10:00am	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 21	3:00pm	Varsity Rink #1	\$325.00	\$225.00
Sun. Mar. 21	4:00pm	Varsity Rink #1	\$325.00	\$225.00

Goalie Training

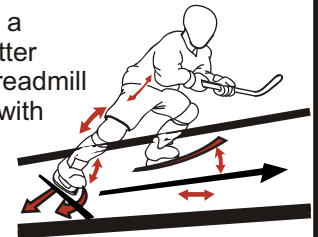


Goalie training is available through Team Shutout Goalie School.

They offer weekly clinics, camps, private sessions and instruction. Real Ice training at The Varsity Training Centre. For more information contact Maurice Tanel at 905-874-8418 ext. 101.

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)**

2010 Summer 3 on 3 League

Tuesdays

2001/2000 Elite
1999/1998 Elite

Wednesdays

1999/1998 Recreational
1999/1998 Competitive

Thursdays

1997/1996 Recreational
1997/1996 Competitive

Sundays

Top Prospects Beginners (4, 5, & 6 Yrs)

2004 Open Division

2003/02 Recreational

2003/02 Competitive

2001/2000 Recreational

2001/2000 Competitive

Recreational Division
- House League Players
Competitive Division
- Select, AE, up to A Level
Elite Division
- AA, AAA

2010 Super Elite 3 on 3

All Super Elite are part of the Elite Summer Off-Ice Training Program. These programs involve an intensive off-ice training program. Depending on the division, off-ice training involves 3 to 4.5 hours per week.

Super Elite Divisions for 2010

- ◆ Division I - Schomogyi Cup, Teir II to NHL
- ◆ Division II - Junior Varsity - Midget to Teir II (6 hours per week Off-Ice Training)
 - ◆ Division III - 1997/1996 Package A (4.5 hours per week Off-Ice Training)
 - ◆ Division IV - 1998/1997/1996 Package B (3 hours per week Off-Ice Training)

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 (VT62) \$275
Winter Program - 12 Weeks starts Jan. 10

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.

