

# LEARN TO SLEDGE PROGRAM!

An 8-week all abilities program.

Supported by Easter Seals and the IWK, the program will be guided by qualified instructors to ensure a safe, fun, on-ice recreational experience utilizing games and activities that complement traditional sledge hockey. Participants will improve body strength and fundamental movements, develop stamina and increase their self-esteem!

**ALL are welcome**, regardless of experience or ability! All that's needed is a hockey helmet with face cage, clothing sufficient to cover neck and hands, and warm footwear (boots).

**DATES:** January 22<sup>nd</sup>- March 5<sup>th</sup>

**LOCATION:** Colchester Legion Stadium (14 Lorne Street, Truro)

**TIME:** 9am - 10am

**WHO:** All abilities ages 5-18

**COST:** \$30 total (paid on site) \*Potential financial support available if required.

For more info:

**SHANNON JARVIS**

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