

FORERUNNER HOCKEY ACADEMY

ON-ICE, DRYLAND, & SKATING TREADMILL
SUMMER PROGRAMS



“THE ACADEMY”

EVERYTHING YOUTH HOCKEY PLAYERS NEED
TO DEVELOP THEIR GAME TO THE NEXT LEVEL.
POWERED BY SYNERGY SPT



ON-ICE SKATING & SKILLS

@ SCS CIVIC ARENA

MONDAY - FRIDAY

12:00-3:00PM

- 60-90 MINUTE SESSIONS
- \$400 FOR 8 SESSIONS
- NO MORE THAN FIVE SKATERS/COACH

DRYLAND, SKILLS, & SKATING TREADMILL

@ SYNERGY SPT

MONDAY - THURSDAY

4:00-8:00PM

- 90 MINUTE SESSIONS
- \$360 FOR 8 SESSIONS
- NO MORE THAN FOUR SKATERS/COACH



FOR FULL SCHEDULE & SIGN-UP VISIT:

www.synergyperformancetraining.com/forerunner-hockey-academy

OR

Email: matt.thomas@synergyperformancetraining.com