



formerly Rhino Sports 199 Bell Blvd, Belleville  
613-969-6564

## Fall Programs

### Can Skate /Can Skate Hockey- 12 Weeks \$180- (20 Max)

Starts October 8/19 6pm-7pm

Can Skate is a dynamic learn-to-skate program that focuses on fun, participation and basic skills development. CanSkate is a nationally-tested curriculum and delivery methods guarantee skater success.

CanSkate is endorsed by Hockey Canada, CanSkate Hockey is one of the best ways to get your child started to learn the basic fundamentals. CanSkate Hockey is the pathway to minor hockey.

### Pre Can Skate- 12 weeks- \$96 ( 10 max)

October 8 - 6-6:30 pm

Designed for skaters ages 3& up skaters learn how to fall, make snow, go forward and go backwards.

### Skills & Drills

12 weeks - \$180- (20 max)

October 8 - 7-8pm

Program is geared towards skaters who have completed the CanSkate program or are registered in a StarSkate/Hockey program. We combine all skaters, ringette, speed skaters, figure skaters & hockey players. Programming will include cardio, edge control & body awareness. The main focus in this program is slow and Steady approach to understand the biomechanics of why & how to get the most of your skating while learning proper technique.

### Parent & Tot-

12 weeks - \$180 ( 20 max)

October 8th and 9th 10am-11am

Designed for the beginner skater with assistance from one parent this program is ideal for little ones who sh to begin to tkae thier first strides.

### Active for Life

12 weeks - \$180 (max 20)

October 9 - 11am- 12 pm

Inexpeirenced and experienced skaters welcome. Geared to teens and adults who want to increase their skills or learn new skills. Instruction in forward, backwards, stopping, gliding, turning and edging development all in a comfortable safe environment, CSA helmets are mandatory.

### Derek Smith Defense Clinic

12 weeks - \$360 (max 10)

Oct 8- 7:30 am-8:30 am

The World Elite Defensemen Clinic is a must for any defensemen serious about taking their game to the next level. These are defense specific sessions that focus on:

- hockey specific power skating
- agility
- lateral mobility
- pivots, quick feet
- angling/proper positioning
- elite puck control
- gap control
- elusive moves, containment, & more

### World Elite- Power Skating

12 weeks - \$240 (max 25)

starts October 9

Novice/Atom- 6pm-7pm

PeeWee & up - 7pm-8pm

The World Elite power skating program is designed to focus on drills that will challenge the skaters both physically and mentally. These power skating sessions focus on:

- Edge quality
- control
- body alignment
- stopping/starting
- turning techniques



**Dangles and Sniper Skills Program**  
4 weeks - \$ 50/session ( max 8)  
Oct. 10 ( New session every 4 weeks)  
3pm- 5pm  
Group focuses on scoring and shooting skills to enhance any young player's game.

**Cardio Power Skate**  
4 weeks- \$30/session (max 14)  
October 11- 4:30-5:30 pm  
Great power skating workout to build your cardio health.

**Morning Power Skate & Skills with Chris Longo & Wellington Dukes**  
4 weeks- \$30/session ( max 8 )  
October 9 & 10

**Sunday Goalie Sessions with Mike Murphy**  
4 weeks- \$50/session ( max 8 )  
Novice / Atom 6pm-7pm  
Peewee & up 7pm-8pm

**Above sessions run in 4 week segments, all programs available till March 2020**

**To register please call 613-969-6564**

**Friday Fun- Scrimmages- \$10 /night**

**Drop In available or pre-register:**

7pm-8pm -4 on 4  
novice/atom/minor peewee  
8pm-9pm- 3 on 3 Major peewee and up

**Men's 3 on 3 drop in Sundays 6pm-7pm pre-register or drop in, \$10/night.**

**Semi-private or private lessons available upon request.**

**\*\*HST NOT INCLUDED**

**Scary Skate Sessions in Belleville Monday Nights**

Scary Skate has joined forces with World Elite Training Center on Belleville. This 4 week class on Monday evenings is the perfect way to get 1 hour of semi-private technical skating/skill development for your son/daughter with the Scary Skate team. Ryan Martindale is the Head Scary Skate skills instructor. Ryan was drafted 2nd round 26th overall by the Ottawa 67's in the 2007 Ontario Hockey draft, where he had 207 career OHL points. In 2007/08 he was the U-17 Champion with Team Ontario. Ryan was drafted by Edmonton Oilers in 2010. Played 7 years professionally in Europe. Other instructors are Mary Giacalone, Justin Caruna, Blaine Down & Madison Badeau. All instructors have played at elite levels of hockey.

The semi-private lessons are a 4:1 ratio. The classes covering technical aspects of certain skills and skills development. Forward/backward proper stride, transition, edges, acceleration, shoot to score, passing, puck protection, and stick handling are just some of the skills.

Session # 1 - October 5pm, 6pm, 7pm,  
Session #2 - November 5pm, 6pm, 7pm,  
Session # 3- December 5pm, 6pm, 7pm,

8 skaters per session per hour.

**To register for Scary Skate only:  
[www.scaryskate.com](http://www.scaryskate.com)**

**To register please call 613-969-6564**