

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 22nd - March 5th

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:

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