

# Free Adult Introductory Ice Hockey Clinic



Looking for a stress-relieving activity that's vigorous, fun, great exercise and a heck-of-lot more exciting than going to the gym? Why not get off the sidelines and learn to play hockey?

- **Sunday, August 30, 2026** from 5:00-6:15pm. Arrive by 4:15pm to check in.
- Adults only
- **Skates & equipment provided** (helmet, elbow/shin pads, gloves)
- Class is for new skaters only
- Hockey basics & fun scrimmage
- Basic skating skills are required

FREE

**NO HOCKEY EXPERIENCE NEEDED**

**Reserve your spot online** starting June 2026!  
<http://www.skatetown.biz/Hockey/Learn-to-Play/Adults>



**Skatetown Ice Arena**

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(916) 783-8550 | [www.skatetown.biz](http://www.skatetown.biz)  
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Programs Subject to Change