

Stick & Puck

Rules and Guidelines

- Program is for Adults 19+
- Maximum is 20 participants per session.
- Call in registration available, Mon-Fri 8:00am.
Participants must sign in and pay at the front desk, receive a ticket to give the patroller.
- Participants must pay 15 mins. prior to the start of the session. Participant spots will be given away at 10 mins prior to session to waitlisted participants.
- There are no goalies, scrimmages, drills or passing down the ice.
- For everyone's safety, please keep the front and behind the net clear at all times and listen to the staff.
- Full hockey gear is highly recommended but not necessary.
- The following gear is mandatory for all participants
 - Helmet
 - Hockey gloves
 - Ice hockey stick
 - Hockey skates

Regular drop-in prices apply



