



## Toronto Leaside Girls Hockey Association

### Adult “Learn-to-Play” Program

### For Girls Born In 1993 or Earlier

#### Program Philosophy

Leaside’s Adult Learn-to-Play Program is modeled on Hockey Canada’s *Initiation Program*, Canada’s premiere learn-to-play program for beginning players.

The program is designed for adult beginners to ensure their first contact with hockey is a safe and positive experience.

The program enables adults with some skating ability to develop the skills needed to become contributing members of a recreational house league team.

#### What Is It?

Learn-to-Play is a progressive, learn to play teaching curriculum. Participants develop skills and learn the game of hockey through participating in practice drills and informal and modified games.

The skills of skating, puck control, passing and shooting are introduced and refined in a progressive “one step at a time” manner.

#### When/Where Is It?

The program is divided into two 12-week sessions. The first session runs from late September until late December. The second runs from early January to late March.

All Adult Learn-to-Play sessions will be held on Tuesday evenings at 9:00 pm at Beaches Sports Centre (175 Main Street at Gerrard adjacent to Ted Reeve Arena).

If you have questions call 416-488-6737, email [leasidegirlshockey@hotmail.com](mailto:leasidegirlshockey@hotmail.com) and/or visit our website at [www.leasidegirlshockey.org](http://www.leasidegirlshockey.org) to register and for more information about the Toronto Leaside Girls Hockey Association.