

# Hockey



## DRYLAND PRACTICE!



**MORE PRACTICE TIME FOR YOUR TEAM  
ON A REGULATION HOCKEY SURFACE!**

- **Improve stick handling**
- **Improve passing**
- **Increase speed, agility, & quickness**
- **Improve conditioning**

***great for hockey teams  
of all ages!***

**Contact Lori Simpson  
for availability & rates.**

**PLEASE CONTACT LORI SIMPSON AT [lsimpson@capitalclubhouse.com](mailto:lsimpson@capitalclubhouse.com) FOR MORE INFO.**



Managed by



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