



COME AND TRY ICE HOCKEY AND GET TO KNOW THE ADULT HOCKEY SCHOOL

Are you looking for a fun, social, and suitably challenging fitness activity for yourself? In ice hockey, you can enjoy exercising and experience community with others. If you haven't played ice hockey before or it's been a long time since you played, you can start or revive the hobby in the adult hockey school!

For whom?

Everyone is welcome! Does your child or grandchild play ice hockey, but you don't? Are you a fan of a club team or the national team, but don't play yourself yet? Did you play ice hockey as a junior in a club or actively visit outdoor rinks? Do you want to learn the basics and rules of the sport?



What?

Adult hockey school, where you learn to skate in different directions, use the blade, handle the puck, and shoot together with others. Additionally, you will play and learn the understanding and rules of the game.

How?

Low-threshold activity. You can participate either with full equipment or with "pond hockey" equipment (skates, helmet, and gloves, possibly knee pads). Sometimes it may be possible to borrow equipment from the club for a trial.

When?

Exact trial time and place to be determined

