



4D Hockey-Pro Development Program 2016

Pre - Draft Training Program

Date: April 11th to May 9th (5 weeks 22.5hrs on ice training)

Every week 3 Skill Development practices 1.5hr on Monday, Wednesday, and Thursday

Time: Group A 3:00pm - 4:30pm (Junior, College, Pros) max 18 players

Time: Group B 4:30pm - 6:00pm (Junior, College, Pros) max 18 players

Location: Hazel Park

Fee: \$900/ 22.5 hrs on ice training

Off Season Training Program

Date: May 16th to August 8th (12 weeks 52.5hrs on ice training)

Every week 3 Skill Development practices 1.5hr on Monday, Wednesday, and Thursday

Time: Group A 8-9:30am (Junior, College, Pros) max 18 players

Group B 9:30-11am (Junior, College, Pros) max 18 players

Group C different times! (Junior, College, Pros) max 18 players

Location: Hazel Park

Fee: \$2100/ 52.5 hrs on ice training

Full Schedule

Pre - Draft Training Program April 11th to May 9th

Week April 11th

Monday 3-4:30pm & 4:30-6pm

Wednesday 3-4:30pm & 4:30-6pm

Thursday 3-4:30pm & 4:30-6pm

Week April 18th

Monday 3-4:30pm & 4:30-6pm

Wednesday 3-4:30pm & 4:30-6pm

Thursday 3-4:30pm & 4:30-6pm

Week April 25th

Monday 3-4:30pm & 4:30-6pm
Wednesday 3-4:30pm & 4:30-6pm
Thursday 3-4:30pm & 4:30-6pm

Week May 2

Monday 3-4:30pm & 4:30-6pm
Wednesday 3-4:30pm & 4:30-6pm
Thursday 3-4:30pm & 4:30-6pm

Week May 9th

Monday 3-4:30pm & 4:30-6pm
Wednesday 3-4:30pm & 4:30-6pm
Thursday 3-4:30pm & 4:30-6pm

Off Season Training Program May 16th to August 8th

Week May 16th

Monday 8-9:30am, 9:30-11am & 4:30-6pm
Wednesday 8-9:30am, 9:30-11am & 4:30-6pm
Thursday 8-9:30am, 9:30-11am & 4:30-6pm

Week May 23rd

Monday 8-9:30am, 9:30-11am & 4:30-6pm
Wednesday 8-9:30am, 9:30-11am & 4:30-6pm
Thursday 8-9:30am, 9:30-11am & 4:30-6pm

Week May 30rd

Monday Memorial day no skate
Wednesday 8-9:30am, 9:30-11am & 4:30-6pm
Thursday 8-9:30am, 9:30-11am & 6:30-8pm

Week June 6th

Monday 8-9:30am, 9:30-11am & 4:30-6pm
Wednesday 8-9:30am, 9:30-11am & 4:30-6pm
Thursday 8-9:30am, 9:30-11am & 6:30-8pm

Week June 13th

Monday 8-9:30am, 9:30-11am & 4:30-6pm
Wednesday 8-9:30am, 9:30-11am & 4:30-6pm
Thursday 8-9:30am, 9:30-11am & 6:30-8pm

Week June 20th

Monday 8-9:30am, 9:30-11am &11-12:30pm
Wednesday 8-9:30am, 9:30-11am &11-12:30pm
Thursday 8-9:30am, 9:30-11am &11-12:30pm

Week June 27th

Monday 8-9:30am, 9:30-11am &11-12:30pm
Wednesday 8-9:30am, 9:30-11am &11-12:30pm
Thursday 8-9:30am, 9:30-11am &11-12:30pm

Week July 4th

No practices: Holiday Break

Week July11th

Monday 8-9:30am, 9:30-11am &11-12:30pm
Wednesday 8-9:30am, 9:30-11am &11-12:30pm
Thursday 8-9:30am, 9:30-11am &11-12:30pm

Week July 18th

Monday 8-9:30am, 9:30-11am &11-12:30pm
Wednesday 8-9:30am, 9:30-11am &11-12:30pm
Thursday 8-9:30am, 9:30-11am &11-12:30pm

Different time these two weeks!!

Week July 25th

Monday 7:30am-9am, 10:30-12pm & 1:30-3pm
Wednesday 7:30am-9am, 10:30-12pm & 1:30-3pm
Thursday 7:30am-9am, 10:30-12pm & 1:30-3pm

Week August 1st

Monday 7:30-9am, 10-11:30am & 12:30-2pm
Wednesday 7:30-9am, 10-11:30am & 12:30-2pm
Thursday 7:30-9am, 10-11:30am & 12:30-2pm

Week August 8th

Monday 8-9:30am, 9:30-11am &11-12:30pm
Wednesday 8-9:30am, 9:30-11am &11-12:30pm
Thursday 8-9:30am, 9:30-11am &11-12:30pm