



If you are missing winter sports and are looking for some fast-paced, once a week, no experience necessary kinda action then you've got to try

### **MEN'S OR LADIES BALL HOCKEY**

We play on the surface at the Hazelridge Arena once the ice has melted. This usually starts near the end of April. The equipment used to play:

Stick, shin pads, hockey gloves, elbow pads, mouth guard/helmet.

All equipment is not mandatory but highly recommended.

Ball Hockey is a sport where family members can come out for fun, exercise and a chance to meet the neighbors.

**LADIES** – Monday Evenings 8:30 – 9:30 All females are invited to play although age 12 and up is preferred due to the intensity of the game. We play from April to end of June. For any information please call Maureen Nault at (204) 755-2982.

**MEN'S** – Thursday Evenings 8:00 pm. Usually starts end of April and goes through the summer to the start of September. If you have any questions or need information, please call Derek at (204) 755-3331 or (204) 866-4137 (please leave a message).