

Pre-season skating program in Thornhill

THORNHILL — Well-known Thornhill minor hockey coach Al Morris and associates will be offering a pre-season skating and conditioning program at the Thornhill Community Centre from Sept. 7 to Oct. 3.

Morris, coach of the Road Runners All-Ontario Minor Bantam championship team, will be doing the instructing along with Dr. Yahsa Smushkin, former Soviet Union Skating coach.

Smushkin will be getting the players in condition with his repertoire of training methods which were formally considered unorthodox in North America. He combines fitness and fun with games of volleyball, badminton and even soccer on skates. The program will be divided into various groups.

The A group is for players with some hockey background with emphasis on skating and conditioning but zeroing in on agility and balance exercises. These sessions will be held for three hours per week over four weeks.

Registration is \$48 with a limit of 26 participants. The second group is for players with a limited background and will also run for the same length of time. Cost is \$36 with a limit of 30 per class.

The final group is similar but will run for only two weeks. Players must bring their own equipment. Registration includes insurance. Anyone wishing further information may contact Al Morris at 889-0518 or 225-0460.

Irving S. Pisarek, D.C.
wishes to announce
the opening of his office
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