

# SPECIAL INTEREST

## STICK AND PUCK



Stick and Puck is a time for all adult hockey enthusiasts to practice hockey skills in an informal pick-up game setting. Players are required to provide their own protective gear, stick and puck. This is a no check and no slapshot program. Rough and dangerous play will not be tolerated. Players must be at least 18 years of age to participate.

No pre-registration is required for this program - just drop in and pay an \$8 admission price. Program will be canceled with fewer than five participants. Stick and Puck sessions will be held Monday evenings from 10:45 p.m. - 12:45 a.m. and some Saturday nights. Times vary, so pick up a monthly schedule which is available at the ice arena.

Washington Park Ice Arena  
634-6580

Parks and Recreation Web Site ~ [www.jeffcitymo.org/parks](http://www.jeffcitymo.org/parks)



## ADULT FITNESS SKATE

Adults, get an exhilarating workout during the adult fitness skate. The fitness skate is held Monday through Thursday from 11:45 a.m. - 12:45 p.m.

Admission: \$2.50  
Skate rental: \$2.00



## 2009 Skate and Equipment Exchange



**Saturday, August 29**  
**9:00 a.m. - 12 noon**  
**Washington Park Ice Arena**

This is a great opportunity to buy and sell seldom used or outgrown equipment, skates, and other skating apparel. You may also order new skates and equipment at this time.

Sponsored by Jefferson City Parks and Recreation, in cooperation with JCFSC, JCSSC, MMT, and the Capital Classics.