

ProSkate

PROGRAM GUIDE



2026/27

WWW.PROSKATENJ.COM

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1000 Cornwall Road
Monmouth Junction, NJ

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YEAR- ROUND PROGRAMMING



Whether you wish to pursue hockey or figure skating or just be able to enjoy the occasional arena visit with family and friends, Learn to Skate classes are the first step to success!



This 100% FREE program designed for first-time players ages 4-9 includes ice time, certified instructors, and head-to-toe loaner equipment at no cost to families!



Sign up for Rookie Program and receive FREE GEAR! The Rookie Program introduces players to shooting, passing, stickhandling and other fundamental skills.



The House League is for players who are looking for a fun recreational setting with player development and professional coaching provided. This is the next step for players who have moved through a learn to play hockey program looking to join a fun recreational league!



Check our public skating page to view the latest public skating calendar! Schedules are subject to change.



Held during our public skating sessions, our birthday parties include your own party room, plus pizza and drinks and more!

PLAY THE GAME!



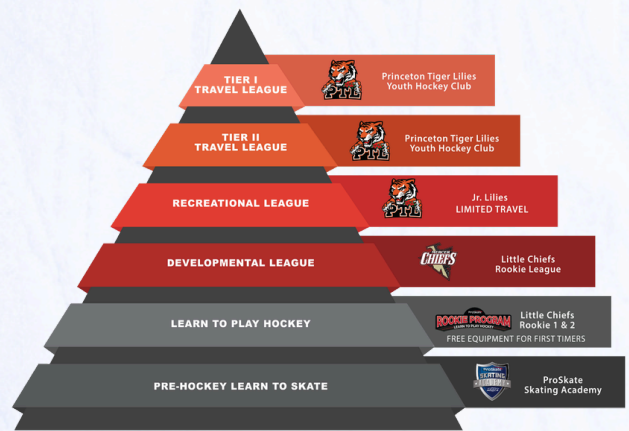
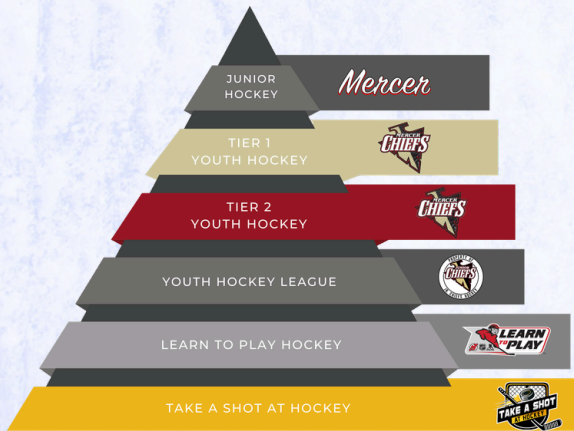
MERCER CHIEFS

The Mercer Chiefs proudly play in the Atlantic Hockey Federation ("AHF"), a USA Hockey Sanctioned Elite Tier-II Youth Hockey League that facilitates high quality games and showcases throughout the Mid-Atlantic for its club members and families. Each team practices twice a week and game counts vary by age level.



PRINCETON TIGER LILIES

The Princeton Tiger Lilies - Girls Tier I and Tier II proudly play in the Atlantic Girls Hockey Federation ("AGHF") and the National Girls Hockey League ("NGHL") to provide opportunity for girls to play across the Mid-Atlantic region. Program features 8U-19U teams.





Foundry Adult Hockey is the largest and most comprehensive adult hockey organization in the U.S.A. With Foundry Adult Hockey, you can Play Your Game... As a hockey enthusiast, you can learn the game and or play the game whenever you want, wherever you want, and at any level you want.



Open to adults 18+ who have never played hockey. It will combine on-ice skills sessions with instructional games. During this program, participants will learn the fundamental skills of ice hockey, including how to skate if they've never done so before.



Have you just completed our Get in the Game program? Do you feel intimidated about joining your first adult league? The Novice Draft League is the place for you. This league is designed to introduce newer players to the wonderful game of hockey.



Whether you are a former professional player or coming out of our Novice Draft League, Foundry has a league for you. We have professional organized competitive leagues for all skill levels. Seamless registration. Leading edge real time game scoring with GameSheet's live stats, standings, and leaderboards.



IMPORTANT CONTACTS

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