



**SPORTSCARE
ARENA**

FALL/WINTER PROGRAM GUIDE



2026

SPORTSCAREARENA.COM

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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!



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!



This 6-week (30 min/week) program is FREE! Gear is available to use during the session. Participant will need to come to an equipment fitting prior to the program to receive the gear. Open to first time skaters/players, no skating background needed.



Check our Public Skate page on the website to view the latest sessions! 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!

SPRING/SUMMER HOCKEY



This spring program is designed for hockey players looking to practice and compete this off season. The program is designed to improve individual skill development and teach players various hockey concepts that will translate into becoming a better player. Check out the [North Jersey Spitfires webpage](#) for more information.



Hockey Progression Chart



Learn to Skate	Learn to Play Hockey	Developmental League	Recreational League	Travel League	Elite Travel League
 All Ages 30 <small>Minutes of Instruction</small> 1 Class <small>Per Week</small> 6 Classes <small>Per Session</small> Skates <small>Available if needed</small>	 Ages 5 & UP 1 Class <small>Per Week</small> 6 Classes <small>Per Session</small> Free Equipment <small>For First Timers</small> Skates <small>Available if needed</small>	 Little Kings Rookie League Ages 5 & UP 2 Classes <small>Per Week</small> Instruction & Games Skates <small>Available if needed</small>	 Junior Kings Ages 10U-14U 1 Practice <small>Per Week</small> 1 Game <small>Per Week</small> Limited Travel	 Kings Youth Hockey Club Ages 8U-18U 2 Practices <small>Per Week</small> 35-55 Games  <small>ALL THE TIME</small>	 New Jersey Jets Ages 8U-18U 2-3 On-Ice Practices <small>Per Week</small> 1-2 Off-Ice Training Sessions <small>Per Week</small> 70+ Practices  <small>CONVENTIA UNIVERSITY</small>

Additional Skating and Training Opportunities

<p style="text-align: center; margin: 0;">Public Ice</p> <ul style="list-style-type: none"> • Public Skating • Try Hockey for Free • Stick Time • Open Hockey • Private Lessons 	<div style="display: flex; align-items: center; justify-content: center;">  <p style="font-size: 2em; margin: 0;">Clinics</p> </div> <ul style="list-style-type: none"> • Power Skating • Stick Handling • Passing/Receiving • Body Contact/Checking
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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.

Learn More at FoundryAdultHockey.com



IMPORTANT CONTACTS

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