

SUMMER 2025

VISION HOCKEY 701

Updated 3-26-25

MAY 30-31 Level Up Weekend Skills. Bantam Checking (4 hrs \$95). PW-12U-14U (4 hrs \$85), Squirt (2 hrs \$40), Termite & Mite \$20.

Skating & hockey skills full ice sessions and goalie skills. Small Groups by Level for small area games & battle drills.

RINK: CAPITAL ICE COMPLEX, 1504 Wichita Drive, Bismarck ND 58504 (South of Bismarck Expressway). Questions: 701-426-5354

30-May	FRI	4:00PM - 5:00PM	WACHTER	Level Up Skills & Battle Drills	Bantam - Checking
30-May	FRI	5:15PM - 6:15PM	WACHTER	Level Up Skills & Battle Drills	PW & 12U-14U
30-May	FRI	6:30PM - 7:30PM	WACHTER	Game Changer Skills & Games	SQ-10U
30-May	FRI	7:45PM - 8:45PM	WACHTER	Small Area Games (Grouped By Level)	PW & 12U-14U & Bantam
31-May	SAT	9:00AM - 10:00AM	WACHTER	Level Up Skills & Battle Drills	PW & 12U-14U
31-May	SAT	10:15AM - 11:15AM	WACHTER	Level Up Skills & Battle Drills	Bantam - Checking
31-May	SAT	11:30AM - 12:30PM	WACHTER	Foundation Skills & Games	Termite/Mini-Mite & Mite-8U
31-May	SAT	12:45PM - 1:45PM	WACHTER	Game Changer Skills & Games	SQ-10U
31-May	SAT	2:00PM - 3:00PM	WACHTER	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam

JUNE-JULY-AUG SUMMER SESSIONS

RINK: VFW SPORTS COMPLEX, VFW 2 or 3, 1200 N. Washington St, ND. (Park in North-East Parking lot by the YMCA. Questions: 701-426-5354

2-Jun	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
2-Jun	MON	6:15PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
2-Jun	MON	7:15PM - 8:15PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
3-Jun	TUES	6:30PM - 7:30PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
3-Jun	TUES	6:45PM - 7:30PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
3-Jun	TUES	7:45PM - 8:45PM	VFW3	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
4-Jun	WED	6:30PM - 7:30PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
4-Jun	WED	7:45PM - 8:45PM	VFW2	Level Up Skills & Battle Drills	PW & 12U-14U & Bantam
5-Jun	THURS	5:15PM - 6:15PM	VFW3	PowerSkate & Score	HS & Bantam & 14U-15U
5-Jun	THURS	6:30PM - 7:30PM	VFW3	Advanced Skills & Games	College-Jrs
6-Jun	FRI	2:30PM - 3:30 PM	VFW3	Mite-8U Camp	Mite-8U
6-Jun	FRI	3:45PM - 4:45PM	VFW3	SQ-10U Camp	SQ-10U
6-Jun	FRI	5:00PM - 6:00PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
6-Jun	FRI	6:15PM - 7:15PM	VFW3	Camp Small Area Games (Grouped by Level)	Mite-8U & SQ-10U
7-Jun	SAT	9:00AM -10:00AM	VFW3	SQ-10U Camp	SQ-10U
7-Jun	SAT	10:15AM - 11:15AM	VFW3	Mite-8U Camp	Mite-8U
7-Jun	SAT	11:30AM - 12:30PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
7-Jun	SAT	11:45AM - 12:30PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
7-Jun	SAT	12:45PM - 1:45PM	VFW3	Camp Small Area Games (Grouped by Level)	Mite-8U & SQ-10U
8-Jun	SUN	2:00PM - 3:00PM	VFW3	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam-15U
8-Jun	SUN	3:15PM - 4:15PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
8-Jun	SUN	3:30PM - 4:15PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
8-Jun	SUN	4:30PM - 5:30PM	VFW3	Small Area Games (Grouped by Level)	Mite-8U & SQ-10U
9-Jun	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
9-Jun	MON	6:15PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
9-Jun	MON	7:15PM - 8:15PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
10-Jun	TUES	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
10-Jun	TUES	6:00PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
10-Jun	TUES	7:15PM - 8:15PM	VFW2	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
11-Jun	WED	5:15PM - 6:15PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
11-Jun	WED	6:30PM - 7:30PM	VFW2	Level Up Skills & Battle Drills	PW & 12U-14U & Bantam
12-Jun	THURS	6:00PM - 7:00PM	VFW2	PowerSkate & Score	HS & Bantam & 14U-15U
12-Jun	THURS	7:15PM - 8:15PM	VFW2	Advanced Skills & Games	College-Jrs
13-Jun	FRI	2:30PM - 3:30PM	VFW3	Level Up Skills & Battle Drills	Bantam - Checking
13-Jun	FRI	3:45PM - 4:45PM	VFW3	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	SQ-10U and PW & 12U-14U
13-Jun	FRI	5:00PM - 6:00PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite & Mite-8U
13-Jun	FRI	6:15PM - 7:15PM	VFW3	Small Area Games	PW & 12U-14U & Bantam-15U
14-Jun	SAT	9:00AM -10:00AM	VFW3	Level Up Skills & Battle Drills	Bantam - Checking
14-Jun	SAT	10:15AM - 11:15AM	VFW3	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
14-Jun	SAT	11:30AM - 12:30PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
14-Jun	SAT	11:45AM - 12:30PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
14-Jun	SAT	12:45PM - 1:45PM	VFW3	Skate-Skills-Score	Mite-8U & SQ-10U
15-Jun	SUN	2:00PM - 3:00PM	VFW3	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam-15U
15-Jun	SUN	3:15PM - 4:15PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
15-Jun	SUN	3:30PM - 4:15PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
15-Jun	SUN	4:30PM - 5:30PM	VFW3	Small Area Games	Mite-8U & SQ-10U
16-Jun	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
16-Jun	MON	6:00PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
16-Jun	MON	7:15PM - 8:15PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
20-Jun	FRI	5:00PM - 6:00PM	VFW2	Level Up Skills & Battle Drills	PW & 12U-14U & Bantam-15U
20-Jun	FRI	6:15PM - 7:15PM	VFW2	Small Area Games	Termite & Mite & SQ-10U
21-Jun	SAT	9:00AM -10:00AM	VFW2	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U

21-Jun	SAT	12:15PM - 1:15PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
21-Jun	SAT	1:30PM - 2:30PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
21-Jun	SAT	1:45PM - 2:30PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
22-Jun	SUN	2:00PM - 3:00PM	VFW3	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam-15U
22-Jun	SUN	3:15PM - 4:15PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
22-Jun	SUN	3:30PM - 4:15PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
22-Jun	SUN	4:30PM - 5:30PM	VFW3	Skate-Skills-Score	Mite-8U & SQ-10U
23-Jun	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
23-Jun	MON	6:00PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
23-Jun	MON	7:15PM - 8:15PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
25-Jun	WED	6:30PM - 7:30PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U
25-Jun	WED	7:45PM - 8:45PM	VFW2	Level Up Skills & Battle Drills	PW & 12U-14U & Bantam
26-Jun	THURS	5:30PM - 6:30PM	VFW2	PowerSkate & Score	HS & Bantam & 14U-15U
26-Jun	THURS	6:45PM - 7:45PM	VFW2	Advanced Skills & Games	College-Jrs
27-Jun	FRI	3:45PM - 4:45PM	VFW2	Level Up Skills & Battle Drills	Bantam - Checking
27-Jun	FRI	5:00PM - 6:00PM	VFW2	Game Changer Skills & Games	SQ-10U and PW & 12U-14U
27-Jun	FRI	6:15PM - 7:15PM	VFW2	Foundation Skills & Games	Termite/Mini-Mites & Mites-8U
28-Jun	SAT	9:00AM -10:00AM	VFW2	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam-15U
28-Jun	SAT	10:15AM - 11:15AM	VFW2	Small Area Games (Grouped by Level)	Mite-8U & SQ-10U
28-Jun	SAT	11:30AM - 12:30PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
28-Jun	SAT	11:30AM - 12:30PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
7-Jul	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
7-Jul	MON	6:00PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
7-Jul	MON	7:15PM - 8:15PM	VFW2	Skates-Skills-Score	Mite-8U & SQ-10U
8-Jul	TUES	6:30PM - 7:30 PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
8-Jul	TUES	6:30PM - 7:30 PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
8-Jul	TUES	7:45PM - 8:45PM	VFW3	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
9-Jul	THURS	5:30PM - 6:30PM	VFW2	PowerSkate & Score	HS & Bantam & 14U-15U
9-Jul	THURS	6:45PM - 7:45PM	VFW2	Advanced Skills & Games	College-Jrs
11-Jul	FRI	3:45PM - 4:45PM	VFW3	Level Up Skills & Battle Drills	Bantam - Checking
11-Jul	FRI	5:00PM - 6:00PM	VFW3	Game Changer Skills & Games	SQ-10U and PW & 12U-14U
11-Jul	FRI	6:15PM - 7:15PM	VFW3	Foundation Skills & Games	Termite/Mini-Mites & Mites-8U
12-Jul	SAT	9:00AM - 10:00AM	VFW3	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam-15U
12-Jul	SAT	10:15AM - 11:15AM	VFW3	Small Area Games (Grouped by Level)	Mite-8U & SQ-10U
12-Jul	SAT	11:30AM - 12:30PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
12-Jul	SAT	11:30AM - 12:30PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
15-Jul	TUES	6:00PM - 7:00PM	VFW2	Small Area Games (Grouped by Level)	Termite/Mini-Mite & Mite-8U
15-Jul	TUES	6:15PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
15-Jul	TUES	7:15PM - 8:15PM	VFW2	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
17-Jul	THURS	5:30PM - 6:30PM	VFW2	PowerSkate & Score	HS & Bantam & 14U-15U
17-Jul	THURS	6:45PM - 7:45PM	VFW2	Advanced Skills & Games	College-Jrs
21-Jul	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
21-Jul	MON	6:15PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
21-Jul	MON	7:15PM - 8:15PM	VFW2	Skates-Skills-Score	Mite-8U & SQ-10U
22-Jul	TUES	5:15PM - 6:15PM	VFW3	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
22-Jul	TUES	6:30PM - 7:30 PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
22-Jul	TUES	6:45PM - 7:30 PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
24-Jul	THURS	5:30PM - 6:30PM	VFW3	PowerSkate & Score	HS & Bantam & 14U-15U
24-Jul	THURS	6:45PM - 7:45PM	VFW3	Advanced Skills & Games	College-Jrs
25-Jul	FRI	5:30PM - 6:30PM	VFW3	Small Area Games (Grouped by Level)	Termite & Mite & SQ-10U
25-Jul	FRI	6:45PM - 7:45PM	VFW3	Level Up Skills and Battle Drills	PW & 12U-14U & Bantam
26-Jul	SAT	9:00AM - 10:00AM	VFW2	Level Up Skills and Battle Drills	PW & 12U-14U & Bantam
26-Jul	SAT	10:15AM - 11:15AM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
26-Jul	SAT	10:15AM - 11:15AM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
25-Jul	SAT	11:30AM - 12:30PM	VFW2	Skates-Skills-Score	Mite-8U & SQ-10U
28-Jul	MON	6:00PM - 7:00PM	VFW2	Foundation Skills & Games	Termite /Mini-Mite
28-Jul	MON	6:00PM - 7:00PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
28-Jul	MON	7:15PM - 8:15PM	VFW2	Skates-Skills-Score	Mite-8U & SQ-10U
29-Jul	TUES	5:15PM - 6:15PM	VFW3	THE EDGE Stickhandling/PuckControl/Shooting/Dekes	PW & 12U-14U & Bantam-15U
29-Jul	TUES	6:30PM - 7:30PM	VFW3	Foundation Skills & Games	Termite /Mini-Mite
29-Jul	TUES	6:30PM - 7:30PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
31-Jul	THURS	5:30PM - 6:30PM	VFW3	PowerSkate & Score	HS & Bantam & 14U-15U
31-Jul	THURS	6:45PM - 7:45PM	VFW3	Advanced Skills & Games	College-Jrs
DATE	DAY	TIME	RINK		PROGRAM/LEVEL
4-Aug	MON	5:15PM - 6:15PM	VFW2	Foundation Skills & Games	Termite/Mini-Mite
4-Aug	MON	5:15PM - 6:15PM	VFW2	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
4-Aug	MON	6:30PM - 7:30PM	VFW2	Skate-Skills-Score	Mite-8U & SQ-10U

5-Aug	TUES	5:15PM - 6:15PM	VFW3	Level Up Skills & Battle Drills (Grouped by Level)	PW & 12U-14U & Bantam
5-Aug	TUES	6:30PM - 7:30PM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
5-Aug	TUES	6:30PM - 7:30PM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
7-Aug	THURS	5:30PM - 6:30PM	VFW3	PowerSkate & Score	HS & Bantam & 14U-15U
7-Aug	THURS	6:45PM - 7:45PM	VFW3	Advanced Skills & Games	College-Jrs
8-Aug	FRI	3:45PM - 4:45PM	VFW3	Level Up Skills & Battle Drills	Bantam - Checking
8-Aug	FRI	5:00PM - 6:00PM	VFW3	Game Changer Skills & Games	SQ-10U and PW & 12U-14U
8-Aug	FRI	6:15PM - 7:15PM	VFW3	Foundation Skills & Games	Termite & Mites
9-Aug	SAT	9:00AM - 10:00AM	VFW3	Small Area Games (Grouped by Level)	PW & 12U-14U & Bantam
9-Aug	SAT	10:15AM - 11:15AM	VFW3	Foundation Skills & Games	Termite/Mini-Mite
9-Aug	SAT	10:30AM - 11:15AM	VFW3	Intro to Skating & Hockey	4+ yrs old and 7+ yrs old
9-Aug	SAT	11:30AM - 12:30PM	VFW3	Small Area Games (Grouped by Level)	Mite-8U & SQ-10U