

Learn to Play ... Renew Your Skills ... A Unique Sport ... Great Exercise ... You'll Love It!

Adult Hockey School

Since 1980, HNA's 42nd Season of Instruction & League Play



800-4-HOCKEY HNA.COM

Program Begins: January 24, 2022
Dearborn Ice Center (The DISC)
Mondays 9:30 PM

CLICK HERE

Your HNA Career Starts Here!

Hockey North America is the adult ice hockey league that invented "beginner hockey for adults."

42 years later, Hockey North America operates the largest adult league in the United States (as well as a large HNA program in Canada) and continues to pioneer new standards with features such as the website (hna.com) with advanced stats reporting, a League Championship tournament with more than 2,000 players and fans attending, an outstanding series of hockey Vacation tournaments, and much, much more.

All HNA programs are conducted in a safe playing environment and geared towards serving the new, lesser experienced adult hockey player.

But it all starts with the hockey school. Never played before? Looking to get back into the game? The HNA hockey school will get you ready and able to skate and play ice hockey. A small deposit holds a roster spot. Give us a call today. You'll love it!

How to get Started

1. Give the HNA League Office a call at 800-4-HOCKEY (800-446-2539).
2. Make a \$25 deposit to hold your spot.
3. Let your friends know what you're doing! They're going to want to join!
4. Watch the website or check your email box for the initial (off-ice) meeting date.

Then - Get ready for some fun!

What to Expect

Once the program starts you'll skate 8 on-ice instructional sessions. After the school, you'll play 8 games with your new team. The games are the best part and your first experience being a hockey player.

Once your instructional season is over, then it's on to a full season of hockey. HNA has a full league of participating teams already playing in the program, **full of players just like you!**

On Ice Program Begins
January 24th

Skating at the DISC, Mondays
9:30 PM

16 Total Sessions On Ice
8 School & 8 Games

Experienced instruction

42nd Year of Operation

Professionally managed Part of
700 Team Adult Program that
skates throughout USA / Canada.



The player image above is Adrian Nooristani of the Washington, DC Coyotes. Two years ago Adrian was a beginner skater as part of Hockey North America's instructional school. He had never played hockey before, nor did he know how to skate.

Today, Adrian is the 3rd line center on the Coyotes and he loves playing hockey. The Coyotes also have outstanding looking jerseys and he looks great skating in his HNA uniform.

If you've seen the ads for the HNA beginner school over the years, make 2021-2022 the year you finally give playing hockey a chance. It's a lot of fun, great exercise and you'll learn a unique new skill that will be the envy of all your friends!

Visit the HNA Beginner Page

Click on the Image Below to visit the Page

Washington, DC - Winter 15-16: DC: Sign Up for Beginners!

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HNA Documentary

The Original "Adult Beginner Hockey School"

For 2015-16, the Beginner / Instructional program will begin November 16th. The program consists of 8 75 minute instructional sessions, and then 8 games. Have any questions? Feel Free to Contact Program Manager Mike Schick at hna@corekeeper@gmail.com.

The initial organizational meeting date is: November 5th at the Rockville Ice Arena, 8:00 PM.

1980 Team USA How Mike Emmons Leads a Detroit Class in 2000.

~ One of the things we always hear from the School participants is... "I've thought about this for years and finally decided to do it. Now that I've done it, I love it. I wish I hadn't waited." ~

Ready to register? It's Easy and in only a small deposit

Friends Also Joining

Buy Now

2015-16 Pricing Fees are as follows:

\$25 Deposit - reserves a place for you on a team roster. Be sure to let us know of any friends that want to play.

Payment 2 - \$225.00. This will be due at the initial meeting where you hear about the program, meet the League staff.

CLICK HERE

Detailed Program Info
Make Your Roster Deposit
& The Old HNA TV Commercial!

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