

# Pond Hockey Club (PHC) - Official Guide

## Membership & Pricing

- Adult Monthly Membership: \$85
- Youth (Under 18) Monthly Membership: \$55
- Guest Day Pass: \$15
- Skate Rental: \$5 per session

## Rink Rules

1. Helmets are mandatory for all players at all times.
2. No slapshots allowed during open skate sessions.
3. Checking is strictly prohibited to ensure safety for all ages.
4. Goalies must wear full protective gear.
5. Games consist of two 15-minute halves with a 2-minute halftime.

## Weekly Schedule

- Monday - Friday: 6:00 AM to 10:00 PM
- Saturday: 8:00 AM to Midnight (Adult League starts at 8 PM)
- Sunday: 8:00 AM to 8:00 PM (Family Skate All Day)

Contact: [support@pondhockeyclub.com](mailto:support@pondhockeyclub.com) | Phone: 555-0123