

# Description

## Arctic Icemen "Tot Hockey" Classes

Instruction starts at the very beginning helping to build the child's confidence and teaches the student the basic skating skills of: balance, one- and two-foot glides, forward swizzles, forward pushing, backwards wiggles and swizzles, two-foot turns, walking sideways and two-foot snow plow stops.

The students then continues on to forward strides, forward crossovers, one-foot snow plow stops, and backward c-cuts. The basics of puck control, passing, and receiving will also be introduced. Each class will be divided by the player's skill.

### Equipment Requirements:

USA Hockey-approved helmet with face mask, hockey stick, protective hockey gloves, elbow pads, knee/shin guards, hockey skates, shoulder pads, hockey pants, athletic cup.

Each class meets 30 minutes per week.  
The sessions last 8 weeks and  
the cost of the class is \$70.



## Class Schedule: TOT HOCKEY

### WINTER SESSIONS

#### \*WEDNESDAY\*

CLASS AVAILABLE AT:

5:30pm

Classes Run From

Dec 30, '09 - Feb 17, '10

#### \*SATURDAY\*

CLASS AVAILABLE AT:

10:30am

Classes Run From

Jan 2 - Feb 20, 2010



(Classes may be subject to change without notice)

For more information call  
Chris Cimoch at 708.403.4231 x138

# 10% OFF

our tot hockey equipment package!

Valid for one tot hockey equipment package.

Not valid with any other coupon or discount, may only be used once.

While supplies last. No photocopies please.

Expiration Date: FEBRUARY 2010



THERE WILL BE NO REFUNDS FOR ANY CLASSES