

Arctic Ice Arena

Birthday Party Packages



708.403.4231

Packages starting at only \$12.95 per person

Call for details



SIGN UP ANYTIME!

ARCTIC ICE ARENA'S

TOT HOCKEY

BACK TO SCHOOL SESSIONS

TUES: AUG 2 - SEPT 27, 2011

SAT: AUG 13 - OCT 1, 2011

SUN: AUG 14 - OCT 2, 2011

(CLASSES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE)

Now Taking Beginner Skaters With No Prior Experience!

For more information
Contact Chris Cimoch
at 708-403-4231 x138



Arctic Ice Arena
10700 West 160th Street
Orland Park, IL 60467

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

BACK TO SCHOOL

SESSIONS



*TUESDAY
CLASS AVAILABLE AT:
5:30PM

*SATURDAY
CLASS AVAILABLE AT:
10:30AM

*SUNDAY
CLASS AVAILABLE AT:
10:30AM

SPECIALIZED TRAINING



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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. White supplies last. No photocopies please.

Expiration Date: MAY 2011

THERE WILL BE NO REFUNDS FOR ANY CLASSES