

Date: _____

Parent's Name: _____

Address: _____

City, State,
Zip: _____

Home Phone: _____ Cell
Phone: _____

Child's Name: _____

Date of Birth: _____

Day of the Class: _____

Cost of the Class: _____

Payment: Cash \$ _____

Check Number: _____



**SIGN UP
ANYTIME!**

ARCTIC ICE ARENA'S
TOT HOCKEY



2015 Winter #1 Session

Wed: Nov 18-Dec 9, 2015

Sat: Nov 21-Dec 12, 2015

Sun: Nov 22-Dec 13, 2015

(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 4 weeks and the cost of the class is \$35



Class Schedule: TOT HOCKEY 4 WEEKS

WEDNESDAY

CLASS AVAILABLE AT:

5:30pm

Classes Run From

Nov 18-Dec 9, 2015

(4 WEEK SESSION)

SATURDAY

CLASS AVAILABLE AT:

10:30am

Classes Run From

Nov 21-Dec 12, 2015

(4 WEEK SESSION)

SUNDAY

CLASS AVAILABLE AT:

10:30am

Classes Run From

Nov 22-Dec 13, 2015

(4 WEEK SESSION)



For more information call
Chris Cimoch at 708.403.4231 x138