



# Tot Hockey Arctic Ice Arena



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 # \_\_\_\_\_



## 2018 Fall Session

Wednesday  
Sept. 19th - Nov. 14th

Saturday  
Sept 22nd - Nov 17th

Sunday  
Sept 23rd - Nov 18th

**NO CLASS OCT 31ST, NOV 3RD & 4TH**

For More Information  
Call Chris Cimoch  
708.403.4231 - Ext.138



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



## Class Schedule: TOT HOCKEY 8 WEEKS

### \*WEDNESDAY\*

**CLASS AVAILABLE AT:**

**5:30pm**

**Classes Run**

**Sept. 19th - Nov 14th**

**(NO CLASS OCT. 31st)**

### \*SATURDAY\*

**CLASS AVAILABLE AT:**

**10:30am**

**Classes Run**

**Sept. 22nd - Nov 17th**

**(NO CLASS NOV. 3RD)**

### \*SUNDAY\*

**CLASS AVAILABLE AT:**

**10:30am**

**Classes Run**

**Sept. 23rd - Nov 18th**

**(NO CLASS NOV 4TH)**



# 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

***For more information call  
Chris Cimoch at 708.403.4231 x138***