



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 # _____



2019 Fall Session

Wednesday
Sept. 11th - Nov. 6th

Saturday
Sept 14th - Nov 9th

Sunday
Sept 15th - Nov 10th

NO CLASS OCT 30TH, NOV 2ND & 3RD

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. 11th - Nov 10th

(NO CLASS OCT. 30th)

SATURDAY

CLASS AVAILABLE AT:

10:30am

Classes Run

Sept. 14th - Nov 9th

(NO CLASS NOV. 2ND)

SUNDAY

CLASS AVAILABLE AT:

10:30am

Classes Run

Sept. 15th - Nov 10th

(NO CLASS NOV. 3RD)



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***