



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 Summer Session

Wednesday
May 29th - July 24th

Saturday
June 1st - July 27th

Sunday
June 2nd - July 28th

NO CLASS JUNE 5th, 8th, 9th

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

May 29th - July 24th

(NO CLASS JUNE 5TH)

SATURDAY

CLASS AVAILABLE AT:

10:30am

Classes Run

June 1st - July 27th

(NO CLASS JUNE 8TH)

SUNDAY

CLASS AVAILABLE AT:

10:30am

Classes Run

June 2nd - July 28th

(NO CLASS JUNE 9TH)



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