



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 Spring Session #1

Wednesday
February 27th - March 20th

Saturday
March 2nd - March 23rd

Sunday
March 3rd - March 24th

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 4 WEEKS

WEDNESDAY

CLASS AVAILABLE AT:

5:30pm

Classes Run

February 27th - March 20th

SATURDAY

CLASS AVAILABLE AT:

10:30am

Classes Run From

March 2nd - March 23rd

SUNDAY

CLASS AVAILABLE AT:

10:30am

Classes Run From

March 3rd - March 24th



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

For more information call
Chris Cimoch at 708.403.4231 x138