



Arctic Ice Arena

2023 Spring Session
April 16- June 18

\$150 PER SKATER
NO REFUNDS

SUNDAYS

10:00 -10:30am

EQUIPMENT REQUIRED:

- USA HOCKEY APPROVED HELMET**
- SKATES**
- HOCKEY STICK**
- PROTECTIVE GLOVES, SHIN GUARDS, ELBOW PADS, HOCKEY PANTS,**

TOT Hockey will take place in the Synthetic Ice Room.

OUR GOAL

TOT Hockey is designed to get our youngest players comfortable moving in their equipment, as well as get them ready for the Learn to Skate on the ice! During these 10 weeks, players will work on the following skills-

- Moving in a hockey stride like motion across the room.**
- Balance and Stability**
- Falling, and properly getting back to their feet.**
- Shooting, guiding the puck with our stick, as well as developing other motor skills using tennis balls, soccer balls, and more!!**

As players progress through the class, on the last day players will receive a 'Report Card' of their progress, as well as our Coach's Recommendation on what class your player should be in next.

Hockey is an amazing game, with so many different types of skills to be taught, especially to our younger players. Trust the process. Believe in every step of the development process, as it will most definitely benefit your player in their hockey future!