



# 2017 Spring #1 Session

Wed: Mar 8 - Mar 29, 2017

Sat: Mar 11 - Apr 1, 2017

Sun: Mar 12 - Apr 2, 2017

(Classes may be subject to change without notice)

**Now Taking Beginner Skaters With No Prior Experience!**

For more information  
Contact Chris Cimoch  
at 708-403-4231 x138



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

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 Number: \_\_\_\_\_

# 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



## Class Schedule: TOT HOCKEY 4 WEEKS

### \*WEDNESDAY\*

CLASS AVAILABLE AT:

5:30pm

Classes Run From

Mar 8 - Mar 29, 2017

### \*SATURDAY\*

CLASS AVAILABLE AT:

10:30am

Classes Run From

Mar 11 - Apr 1, 2017

### \*SUNDAY\*

CLASS AVAILABLE AT:

10:30am

Classes Run From

Mar 12 - Apr 2, 2017



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