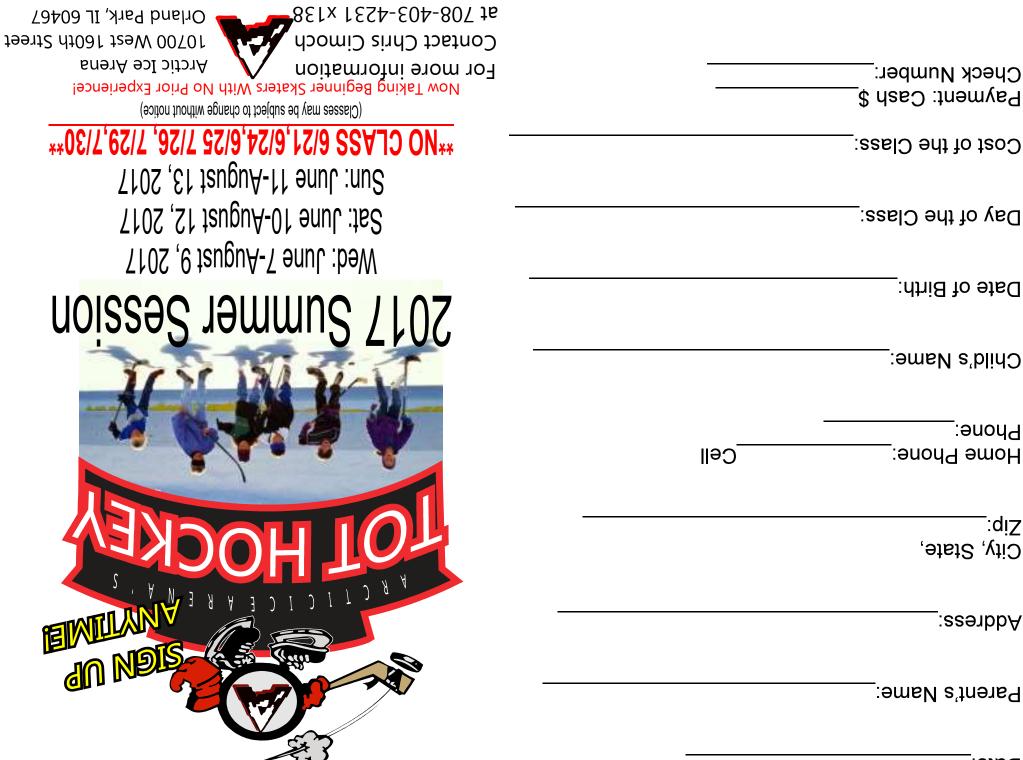
Date:



## Description



## Class Schedule: TOT HOCKEY 8 WEEKS

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

## <u>\*WEDNESDAY\*</u> CLASS AVAILABLE AT: 5:30pm Classes Run From June 7-August 9, 2017

## <u>\*SATURDAY\*</u> CLASS AVAILABLE AT: 10:30am Classes Run From June 10-August 12, 2017

\*SUNDAY\* CLASS AVAILABLE AT: 10:30am Classes Run From June 11-August 13, 2017 \*\*NO CLASS 6/21,6/24,6/25, 7/26,7/29,7/30\*\*

> For more information call Chris Cimoch at 708.403.4231 x138

