



# 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 # \_\_\_\_\_



## 2018 Spring Session #2

Wednesday  
May 2nd - May 30th

Saturday  
May 5th - June 2nd

Sunday  
May 6th - June 3rd

**NO CLASS MAY 23RD, 26TH, 27TH**

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

May 2nd - May 30th

(NO CLASS MAY 23RD)

### \*SATURDAY\*

CLASS AVAILABLE AT:

10:30am

Classes Run

May 5th - June 2nd

(NO CLASS MAY 26TH)

### \*SUNDAY\*

CLASS AVAILABLE AT:

10:30am

Classes Run

May 6th - June 3rd

(NO CLASS MAY 27TH)



# 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