



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 # _____



2020 Winter Session

Wednesday

Nov. 18th - Dec. 9th

Saturday

Nov. 21st - Dec. 12th

Sunday

Nov. 22nd - Dec. 13th

4 WEEK SESSION

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

Nov. 18th - Dec. 9th

SATURDAY

CLASS AVAILABLE AT:

10:30am

Classes Run

Nov. 21st - Dec. 12th



SUNDAY

CLASS AVAILABLE AT:

10:30am

Classes Run

Nov. 22nd - Dec. 13th

For more information call
Chris Cimoach at 708.403.4231 x138

Description

TOT Hockey (Ages 3-5)

Instructions will cover:

- *Standing, marching and standing still dips.
- * Marching, gliding, dips while moving, back wiggles and beginning swizzles.
- *Forward skating, one foot glides, forward and backward swizzles and snowplow stops.
- *Backward skating, backward swizzles and two foot turns.
- *Basic hockey stance and how to hold and control the hockey stick

Equipment Requirements:

USA Hockey-approved helmet with face masks, 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 \$45.