



# Tot Hockey Arctic Ice Arena



Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Day of the Class: \_\_\_\_\_

Payment: Cash \$ \_\_\_\_\_

Check # \_\_\_\_\_



## 2021 Spring Session Saturday's

March 27th-May 22nd

Group A: 10am-10:30am

Group B: 10:40am-11:10am

**NO CLASSES MAY 1ST**

## **8 WEEK SESSION**

For More Information

[hockeydirector@arcticicearena.net](mailto:hockeydirector@arcticicearena.net)

Front Desk 708.403.4231 - Ext.100

Arctic Ice Arena

10700 West 160th Street

Orland Park, IL 60467



# Class Schedule: TOT HOCKEY 8 WEEKS

Register for the group  
time you want to attend

## **\*SATURDAY'S\***

Group A: 10:00am-10:30am

Group B: 10:40am-11:10am

Classes run March 27th-May 22nd

**NO CLASSES MAY 1st**



# 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 8 weeks and  
the cost of the class is \$90.  
**NO REFUNDS**