

Hockey Skating School



THE ICEOPLEX HOCKEY PHILOSOPHY

ICEOPLEX ICE ARENA IS COMMITTED TO PROVIDING A FAMILY-ORIENTED HOCKEY ENVIRONMENT WHERE PLAYERS OF ALL AGES AND SKILL LEVELS CAN LOOK FORWARD TO SAFE AND ENJOYABLE HOCKEY EXPERIENCES. OUR PROGRAM GOALS ARE FOR PLAYERS TO DEVELOP HOCKEY SKILLS AT A PROGRESSIVE RATE AND TO DEVELOP PERSONAL VALUES OF PHYSICAL FITNESS, TEAMWORK, SPORTSMANSHIP, LEADERSHIP AND FRIENDSHIP—CHARACTER TRAITS THAT WILL HOPEFULLY REMAIN WITH EACH PLAYER FOR THE REST OF HIS OR HER LIFE.

DESCRIPTION OF CLASSES

LEARN TO SKATE PRE-ALPHA: SAME AS HOCKEY 1

HOCKEY 1: This class is for skaters who have not skated before. Forward strides, crossovers, one foot glides, pivot turns, snowplow stop, swizzles and backward skating will be learned.

HOCKEY 2: Students must have passed Hockey 1 or have comparable skating skills. Controlled forward and backward skating and crossovers, hockey stops, backward t-stop, backward v-stop and proper edge work will be introduced.

CLASS TIMES:

PRE-ALPHA: Monday 4:00pm; Tuesday 4:30pm & 7:30pm; Friday 4:00pm

Tuesday : 4:30 pm – 5:00 pm

Hockey 1 and 2

Saturday: 11:30am – 12:00am

Hockey 1 and 2

Cost: \$151.00 for 8 weeks – Includes \$15.00 National ISI Registration

Drop in pays \$21.00 per class

Each person participating in this program will receive 6 free public session passes and free public skating the day of class. Skate rental is included. **Full semester must be purchased to receive passes.** Drop-in pay \$20.00 per class.

Classes begins April 1, 2019

Register now to save your spot.

No Classes April 6th & May 27th

Contact Lauri at (805) 520-7465 x 13 or Lauri@Iceoplex.com

www.Iceoplexsimivalley.com

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