



# U.S. ICE SPORTS COMPLEX HOCKEY PROGRAMS 2010



**Effective 2-8-10**

*All new participants MUST attend an evaluation skate for class placement.*

*Evaluation skates can be scheduled by contacting Gary Ricciardi, Director of Hockey, at 618-398-4600 ex. 102.*

*All evaluation skate participants must pre-register for the hockey program prior to his or her evaluation skate.*

## **HOCKEY LEARN TO SKATE** - meets once per week for 40 minutes (First Class 2/27/10)

**Pre-requisite:** Permission of the instructor

Offers an introduction to skating. Instruction will focus on balance, agility, coordination, body position, and proper movements. Class will utilize activities to insure the learning process is FUN and enjoyable.

**Equipment Required :** Helmet, stick, skates, gloves, elbow & knee pads

<u>PROGRAM</u> (ages 5-17)	<u>7 WEEKS (price)</u>	<u>DAY/TIME</u>
Pre-Hockey 1	\$112.00	Saturday 3:10-3:50pm
Pre-Hockey 2	\$112.00	Saturday 3:50-4:30pm
Pre-Hockey 3	\$112.00	Saturday 4:30-5:10pm

## **HOCKEY LEARN TO PLAY** - meets once per week for 50 minutes (First Class 2/27/10)

**Pre-requisite:** Passed Hockey Learn to Skate or permission of the instructor

Builds on skills developed in Hockey Learn to Skate. Instructors will work with students on edge control, forward and backward striding, puck handling, passing, and shooting skills.

**Equipment Required :** Helmet, gloves, stick, skates, shoulder, elbow & shin pads, hockey pants & socks, athletic protector, garter belt (or shorts)

<u>PROGRAM</u> (ages 5-17)	<u>7 WEEKS (price)</u>	<u>DAY/TIME</u>
Hockey 1	\$126.00	Saturday 5:10-6:00pm
Hockey 2	\$126.00	Saturday 6:00-6:50pm
Adults (ages 18 & up)	\$126.00	TBD (call if interested)

## **POWER SKATE AND SKILLS** - meets once per week for 50 minutes (First Class Mon 3/1/10 or Wed 3/3/10)

**Pre-requisite:** Must have played this past season (or permission of the instructor)

This program offers players with playing experience the opportunity to continue to master their skills. The foundation of a great player is skating. Through this program we will work to improve power, speed, agility and quickness. On to the skating foundation, we will incorporate puck handling, passing and shooting drills designed to challenge the player.

**Equipment Required :** Helmet, gloves, stick, skates, shoulder, elbow & shin pads, hockey pants & socks, athletic protector, garter belt (or shorts)

<u>PROGRAM</u>	<u>7 WEEKS (price)</u>	<u>DAY/TIME</u>
Mite (2002-2003)	\$126.00	Monday 5:30-6:20pm
Squirt (2000-2001)	\$126.00	Monday 6:20-7:10pm
Pee wee (1998-1999)	\$126.00	Monday 7:10-8:00pm
High School 1(Bantam/JV)	\$126.00	Wednesday 5:30-6:20pm
High School 2 (Midget/Varsity)	\$126.00	Wednesday 6:20-7:10pm

### **SESSION DATES:**

**Session 4: February 27, 2010 - April 18, 2010**  
(No Class Saturday March 20th LTS/LTP)

**Session 5: April 19, 2010 - June 6, 2010**

**Register at U.S. Ice Sports Complex.**  
**Payment due at time of registration.**  
**Classes may be combined or cancelled.**  
**Classes are non-refundable.**

**Program price excludes skate rentals and all other required equipment.**