

Summer Cool Down **HOCKEY**

1 Day per Week **STARTER SKATING LESSONS**

ages 3 to 7 boys and girls

Due to an explosion of athletes starting hockey in Chicago, HEPD has added a 1x per week program that will focus primarily on the key "SUMO" system components to establishing great life lasting skating skills.

Often children try to combine all hockey skills before they skate efficiently, thus establishing difficult habits to break. This fun, step by step process is the perfect program for children that have not skated and want to get the proper start. This lesson is lead by our excellent starter specialist Nicole Witt and is the perfect way to "Get in Stride" before joining our renowned Development Program.

Join any time!

Miss a session - no problem!

Helmets are mandatory...bike helmets are OK...skates are available-ability to participate in a group is important

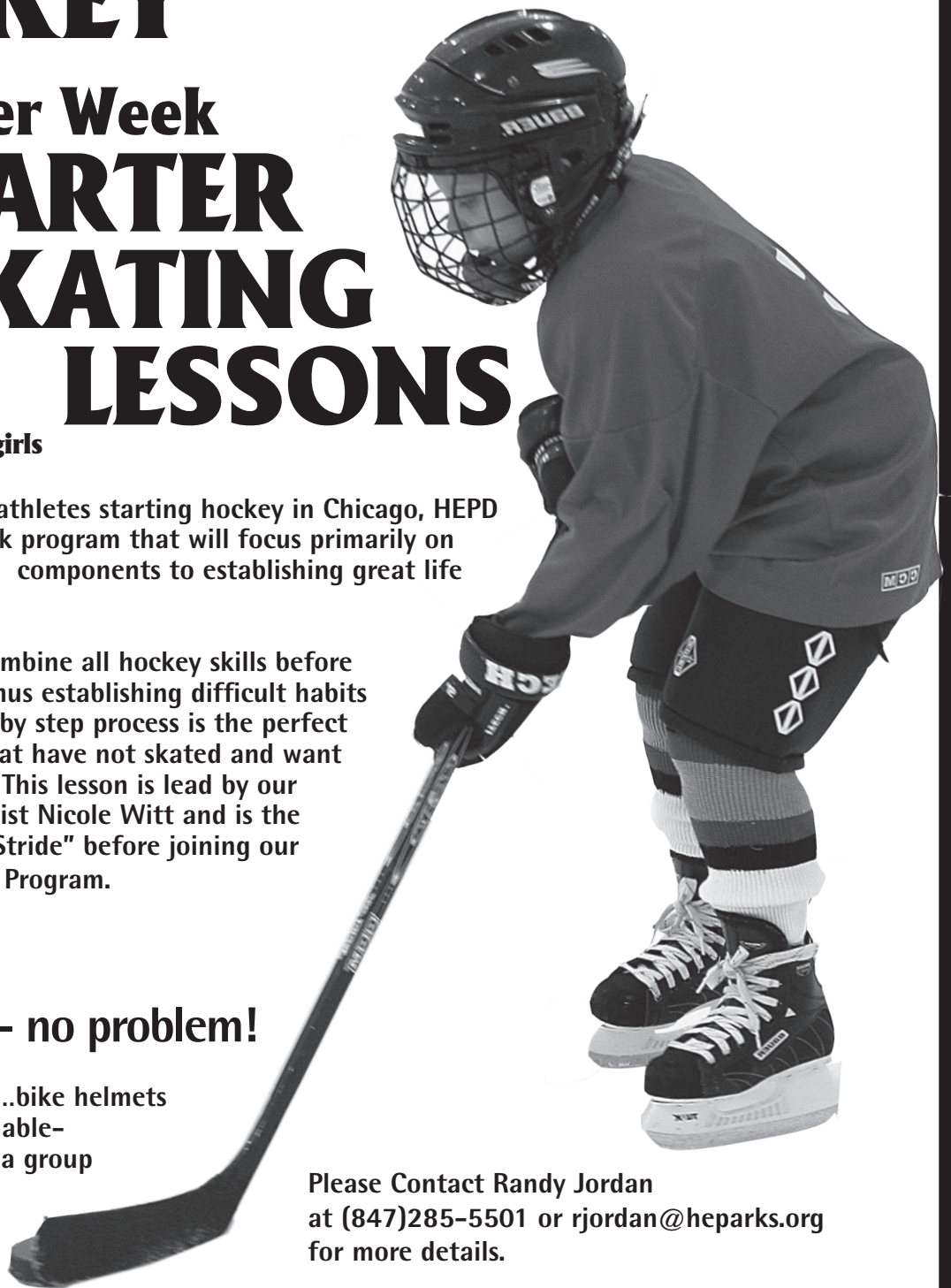
SPRING PROGRAM

Day and Time: Monday 4:45pm to 5:30pm

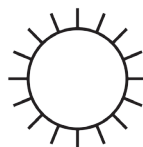
Dates: June 21 - Aug 16 (no class July 5)

Price: Res \$70.00 Non Res \$75.00

Program #232469B



Please Contact Randy Jordan
at (847)285-5501 or rjordan@heparks.org
for more details.



**HOFFMAN ESTATES
PARK DISTRICT**

1685 W. Higgins Road
Hoffman Estates, IL 60169
(847)885-7500
www.hepdicearena.com