



# Tot Hockey

with Coach Rafe Aybar

Session 1: 9/20-10/20

Session 2: 10/25-12/1  
(no classes 11/22-11/24)

Session 3: 12/6-1/12  
(no classes 12/27-12/29)

Session 4: 1/17-2/16

Session 5: 2/21-3/23

Session 6: 4/4-5/4

Session 7: 5/9-6/8

## Levels

### Pre-Tot (session 1-5 only):

Focus on getting up and down, forward skating, simple turns, stopping and balancing.

**Tot 1:** Focus on forward and backward stroking, right and left turns, skating forward and backward, stopping, beginning crossovers, puck and stick moving forward.

**Tot 2:** Crossovers, advanced backward and forward skating, passing, catching a pass, and hockey stop.

**Tot Power (session 6&7 only):** Strengthen all your skills while getting faster and more confident.

## Classes

### Pre-Tot:

Mondays (9:00-9:40am)

Tuesdays and Wednesdays (1:00-1:40pm)

### Tot 1:

Mondays (9:45-10:25am)

Tuesdays and Wednesdays (1:45-2:25pm)

Thursdays (3:45-4:25pm)

### Tot 2:

Mondays (10:30-11:15am)

Tuesdays and Wednesdays (2:30-3:15pm)

Thursdays (4:30-5:15pm)

### Tot Power:

Mondays (9:00-9:40am)

Tuesdays and Wednesdays (1:00-1:40pm)

*Strength in skating is all about balance and edges in any direction. Come learn to skate with Coach Rafe!*

**All classes \$120 per student**



ICE ARENA

2111 Founders Drive  
Northbrook, IL 60062

[www.northshoreicearena.org](http://www.northshoreicearena.org)