

Little Hawks Hockey

Learn to Skate - Ages: 3 to 12 years old

Classes are designed to give the inexperienced skater a solid foundation for developing their hockey skating abilities. Our goal is to develop the students skating abilities to be able to promote them towards the first steps of learning to play hockey.

Class instruction includes: the basics for developing confidence in gaining balance and control of the young skater's abilities. The student will learn the art of a push and glide skating stride in a forward motion.

Equipment Requirements: USA approved hockey helmet, protective gloves, elbow pads, knee pads, hockey skates.

USA Hockey Registration: All participants must register on line with USA Hockey (free to those under 6 years old)

Learn to Play

Classes are structured to confidently teach the natural progression of skating and hockey fundamentals (shooting, passing, scoring, checking, team play etc.), through competitive drills designed with the student in mind. The goal is to develop the player's ability so as to promote him/her to future club and league play teams. There are two different levels of instructional classes designed to help develop the student towards playing on an "In-House" team.

Learn to Play I - Ages: 3 to 10 years old

For the NOVICE Skater: the student in this class is a Novice Skater. His/Hers skating abilities do not have to be exceptional, but they must

be able to stand with balance and perform Push & Glide Strides across the ice at a consistent rate.

Class Instruction includes: the development of proper balance and stopping, the basics of backward skating and some puck control. A number of competition drills verses other students will be introduced to help enhance student's competitive skills. Cross ice games will be used to help promote skill development.

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective loves, elbow pads, knee/shin pads, hockey skates and neck guard.

USA Hockey Registration: All participants must register on line with USA Hockey (free to those under 6 years old)

Learn to Play II - Ages: 3 to 10 years old

For the INTERMEDIATE Skater: Students in this class must have the skating ability to confidently perform Right & Left turns, Snowplow stops, and almost go from a forward to backward skating stride.

Class Instruction includes: the further development of puck control, passing, shooting, and scoring. Skating skills for performing forward to backward pivots and lateral crossovers at quick speed are taught and developed. Skaters will be introduced to game like situations, through scrimmages and games.

In addition: Students in Major Hawks can now participate in drills for skills and play on a "Scooter" Pond Hockey team.

Equipment Requirements: USA Hockey approved helmet & face mask, hockey stick, shoulder pads, hockey pants, protective loves, elbow pads, knee/shin pads, hockey skates and neck guard.

USA Hockey Registration: All participants must register on line with USA Hockey (free to those under 6 years old)



Darien Sportsplex



Spring/Summer 2011 Little Hawks Hockey

Learn to Skate Learn to Play I Learn to Play II



Spring/Summer 2011 Schedule

Code#	Level	Day	Date	Time	R/NR Fee	*No Classes
719984-D	Learn to Skate	Wednesday	Mar. 9-Apr. 13	4:10-5:00pm	\$100/\$110	
719984-E	Learn to Skate	Friday	Mar. 11-Apr. 22*	3:50-4:40pm	\$100/\$110	4/15/2011
719984-F	Learn to Skate	Sunday	Mar. 13-Apr. 17	8:00-8:50am	\$100/\$110	
719983-B	Learn to Play I	Sunday	Mar. 13-Apr. 17	9:00-9:50am	\$135/\$150	
719982-B	Learn to Play II	Sunday	Mar. 13-Apr. 17	10:00-10:50am	\$135/\$150	
729984-A	Learn to Skate	Wednesday	Apr. 27-June 8*	4:10-5:00pm	\$100/\$110	5/25/2011
729984-B	Learn to Skate	Friday	Apr. 29-June 10*	3:50-4:40pm	\$100/\$110	5/27/2011
729984-C	Learn to Skate	Sunday	May 1-June 12*	8:00-8:50am	\$100/\$110	5/29/2011
729984-D	Learn to Skate	Sunday	May 1-June 12*	11:00-11:50am	\$100/\$110	5/29/2011
729983-A	Learn to Play I	Sunday	May 1-June 12*	9:00-9:50am	\$135/\$150	5/29/2011
729982-A	Learn to Play II	Sunday	May 1-June 12*	10:00-10:50am	\$135/\$150	5/29/2011
729984-E	Learn to Skate	Wednesday	June 15-July 27*	4:10-5:00pm	\$100/\$110	6/29/2011
729984-F	Learn to Skate	Friday	June 17-July 29*	3:50-4:40pm	\$100/\$110	7/1/2011
729984-G	Learn to Skate	Sunday	June 19-July 31*	8:00-8:50am	\$100/\$110	7/3/2011
729984-H	Learn to Skate	Sunday	June 19-July 31*	11:00-11:50am	\$100/\$110	7/3/2011
729983-B	Learn to Play I	Sunday	June 19-July 31*	9:00-9:50am	\$135/\$150	7/3/2011
729982-B	Learn to Play II	Sunday	June 19-July 31*	10:00-10:50am	\$135/\$150	7/3/2011

**451 Plainfield Road
Darien, IL 60561**

Tel: 630-789-6666 • Fax: 630-789-4803

www.dariensportsplex.com

