



## Youth Hockey Development Program

The Ridgeland Common Hockey Development Program is a comprehensive skating and instructional skills development program offered as a prelude or in conjunction with the Park District's In-House Youth Hockey League. The goal of the program is to provide a fun, instructional program geared towards teaching children hockey foundations early in their athletic development. This program will allow for the child's hockey coach to focus their efforts on skills and game education. The Hockey Development skating program includes: Jersey (one per season) and a pass for one complimentary admission to public skate (expires at the end of the season).

Equipment Needed: Hockey skates (rental available for \$2), gloves, helmet with face guard, elbow and knee pads, and stick depending on level.

See class level descriptions at right.

### Hockey Tots Class Schedule

Session Dates	Level	Day	Time	Code	Fee
Tu, Dec 9 - Feb 24 (10 weeks)	Tot (All Levels)	Tu	10-10:35am	#701790-01	\$87/\$112
	Tot (All Levels)	Tu	12:45-1:20pm	#701791-01	\$87/\$112
Sa, Jan 3 - Feb 28 (9 weeks)	Dynamites	Sat	12:30-1:05pm	#701790-02	\$81/\$99
	Mini Mites	Sat	12:30-1:05pm	#701791-02	\$81/\$99
	Mighty Mites	Sat	11:50am-12:25pm	#701792-01	\$81/\$99

### Hockey 1-3 Class Schedule

Session Dates	Level	Day	Time	Code	Fee
Sa, Jan 3 - Feb 28 (9 weeks)	Hockey 1	Sa	12:30-1:05pm	#711790-01	\$81/\$99
	Hockey 2	Sa	12:30-1:05pm	#711791-01	\$81/\$99
	Hockey 3	Sa	12:30-1:05pm	#711792-01	\$81/\$99

Students will be evaluated at the end of the session and advance to the appropriate level on the recommendation of the instructor.

**Learn to Skate Programs and Hockey Programs ARE NOT  
a part of the Winter Lottery.**

### Hockey Tots: Dynamites (Ages 3-5) ML

All tot classes provide a basic orientation to skating, ice, balance, agility, and fun. Skills to be learned: Two foot hop, forward one foot glide, backward swizzles, hockey glide turns, snowplow stop. NO STICK REQUIRED.

### Hockey Tots: Mini Mites (Ages 3-5) ML

All tot classes provide a basic orientation to skating, ice, balance, agility, and fun. Skills to be learned: Forward strides, forward half swizzles, crossover steps, backward skating, forward to backward turns, demonstrate the three point hockey position. STICK IS REQUIRED.

### Hockey Tots: Mighty Mites (Ages 3-5) ML

All tot classes provide a basic orientation to skating, ice, balance, agility, and fun. Skills to be learned: forward crossovers, backward half swizzles, puck push, forward and backhand puck pass/shot, hockey stop. STICK IS REQUIRED.

### Hockey 1 (Ages 6+) ML

Skills to be learned: forward strides, forward crossover, one foot snowplow stop, backward half swizzle, hockey glide turns. NO STICK REQUIRED

### Hockey 2 (Ages 6+) ML

Skills to be learned: backward strides, backward "C" cuts, backward stop, Hockey stop, Mohawk turns. STICK IS REQUIRED.

### Hockey 3 (Ages 6+) ML

Skills to be learned: backward crossover, forward inside edge rolls, knee drop, "Belly Slide" and get up. STICK IS REQUIRED.

# Ice Hockey: Youth & Teen

## Youth Hockey "Max Dev" League



*Max Dev means "Maximum Development." Have you got what it takes?*

The Park District of Oak Park's Youth Hockey "Max Dev" League is an excellent introduction to the sport of hockey and preparation for the Travel House Hockey League. Hockey is an exciting team sport requiring speed, precision and team work. Sportsmanship, team play and hockey skills will be emphasized in this program. One Saturday game slot and an additional practice time will be scheduled for each team (time and day TBA). Depending on size, ability, and age, the director reserves the right to place participants in appropriate levels. One team jersey per season is included in the fee.

Session Dates	Grade	Game Times	Code	Fee
Sa, Jan 3 - Feb 28 (9 weeks)	4-6	9am or 9:55am	#721800-01	\$174/\$208
	1-3	10:55am	#711800-01	\$174/\$208

## Skills Development Program

Participants must be currently registered in our skating program or in the "Max Dev" League

The skills development program will teach stick handling, passing, puck control, and shooting while reinforcing skating techniques. This program is intended for children looking to improve their skills in an instructional environment. It is required that the student be concurrently enrolled in the skating program or In-House league. Equipment needed: Hockey skates (rental available for \$2), gloves, helmet with face guard, elbow and knee pads, and shin guards, and stick.

Session Dates	Level	Time	Code	Fee
Sa, Jan 3 - Feb 28 (9 weeks)	Skills Dev	11:50am-12:25pm	#711793-01	\$81/\$99

## Youth Travel Hockey League 2008-2009

This Park District program participates in the NorthWest Hockey League with teams from other rinks. It includes jerseys, practice times, home and away games, and other benefits. Registration for this program is currently closed for the season. Please be on the lookout for Spring League information starting in January. If you have any questions, please contact Michael Lushniak at [michaell@oakparkparks.com](mailto:michaell@oakparkparks.com) or (708) 725-2302.

## Teen Hockey Program

### Teen Hockey (Grades 7-9) ML

The Park District of Oak Park's Teen Hockey Program is a fun and exciting hockey experience. Come out and enjoy a game with other Oak Park teens. Games will consist of intersquad play as well as scrimmages against other rinks. Hockey is an exciting team sport requiring speed, precision and team work. Sportsmanship, team play, and hockey skills will be emphasized in this program. One team jersey per season is included in the fee.

FEE: \$116/\$130

Session Dates	Time	Code
Sa, Jan 3 -Feb 28 (9 weeks)	8-8:50am	#731800-01

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