

Adult Hockey

The Paul Hruby Ice Arena at Ridgeland Common offers a variety of adult hockey programs to fill the needs of most hockey enthusiasts, from beginners through advanced players. We offer programs that focus on the basics of the game, power skating for fitness and game improvement, skills development and even competitive league play! Unsure which program is right for you? Contact Mike Lushniak at (708) 725-2302 for more information.

Adult Beginner Hockey Level 0

ICE

This class encourages adults who have never played hockey to come out and give it a try. There is no experience required, and participants have the chance to learn about the sport and have fun doing it. Topics of instruction will include the majority of basic skills in the game such as skating, shooting, stick handling and passing. Full equipment required.

| | |
|--------------------------------|------------|
| F, 10:15-11:15 PM | \$139 |
| Nov 15 - Jan 13 | #741820-10 |
| (No class 11/25, 12/23, 12/30) | |
| Jan 20 - Feb 24 | #741820-11 |

Power Skating

ICE

Open to all adult hockey players. Improve your game and your fitness level in this class, featuring drills and instruction designed specifically to hone skills, increase skating speed and power, and increase stamina and overall fitness for hockey.

| | |
|-----------------|------------|
| W, 5:55-6:55am | \$71 |
| Dec 21 - Jan 18 | #441860-03 |
| Jan 25 - Feb 22 | #741860-01 |

Adult In-House Hockey League Levels 1 & 2

ICE

Began in October and runs through February. If you are interested in joining, please contact Mike Lushniak at 708-725-2302 or mikel@oakparkparks.com Just for Adults! Interested in good, fun hockey? Sign up for our Adult Hockey Leagues! Full equipment, including helmet is required.

LEAGUE GUIDELINES:

- Full payment due when registering.
- Schedules distributed at season's start.
- Ridgeland Common House League Hockey Program will strictly adhere to the set zero tolerance behavior policy.
- League fees include instruction, ice time, and a team jersey.

Adult Hockey Level 1

Recreational program geared toward the novice to intermediate skill level player. One half hour of instruction will be followed by forty minutes of scrimmage.

Adult Hockey Level 2

Recreational program geared towards intermediate to advanced level players. This is a no-check and no-slap shot league. Program meets once a week with games scheduled on Sunday or Monday evenings. New Players must attend league orientation on September 25th at 8:00pm. You will receive a list of league rules as well as have a chance to skate and be evaluated to be placed on the appropriate team.

Calling All "Rink Rats"

Open Hockey Rat Time

(Ages 16+)

ICE

Limited to the first 22 participants (including 2 goalies), Rat Hockey gives players the opportunity to play a pick up game or simply work on their skills in an unstructured, unsupervised, non-stress environment. Players must be 16 years old to participate and able to show proof of age with a picture ID if asked.

Full equipment is required (hockey skates, hockey stick, helmet, mouth guard, supporter cup, gloves.)

Fees: \$7/time 20 time punch card: \$90

Schedules available online or at Ridgeland Common

Women's Only Rat Hockey

BEGINNERS WELCOME

(Ages 16+)

ICE

This new program will offer a chance for women to get out on the ice in an un intimidating environment and play some hockey. This time is for women who are brand new to the sport or have played before. This drop in program will allow people to learn at their own pace, pick up new skills throughout the season, and add some excitement to the normal routine.

Come join the quick growing group of female hockey players in Oak Park and across the country! Helmets, gloves and shinpads required.

W, 10-11am

Fees: \$7/time 20 time punch card: \$90

Schedules available online or at Ridgeland Common

On the Horizon: A New Ridgeland Common

A plan outlining a major renovation of Ridgeland Common was accepted by the Park Board in October 2011. For more information, see page 3 or visit www.oakparkparks.com.

