



8220 Willow Place Dr. N.
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www.aerodromes.com

Aerodrome Hockey Classes For Future Hockey Players of All Ages!

Hockey Learn to Skate

All skaters under age 5 must pass the Snow Plow Sam classes through Figure Skating classes.

BEGINNING HOCKEY 101 (Ages 5 & up)

This is a 30 minute class that is taught on Thursday or Sunday. Skaters will learn basic forward and backward skating, swizzles, one foot glides and stops. Skaters must wear a helmet for this class.

INTERMEDIATE HOCKEY 101 (Ages 5 & up)

This is a 30 minute class taught on Sundays. Must pass beginning 101. Intermediate skating skills are taught including edge control.

ADVANCED HOCKEY 101 (Ages 5 & up)

This is a 30 minute class taught on Sundays. Must pass intermediate hockey 101. Advanced skating skills are taught as well as body positioning and control.

Hockey Learn to Play

MIGHTY MITES (ages 7 & under)

This class is taught on Sundays for one hour. Full gear is required. Please ask hockey department about rental equipment. Various skills are taught through games and different drills. Must sign up for USA Hockey membership online at www.usahockey.com

HOCKEY 2/3 (ages 8 & up)

This class is taught on Sundays at 5:10 PM for 45 minutes.. Full equipment is required. This class is focused on skating skills (starting, stopping, proper stride, turning, agility). We will also cover stick handling, passing and shooting skills.

HOCKEY 4/5 (ages 9 & up)

This class is taught on Sundays at 5:10 PM for 45 minutes and you must have passed Hockey 2/3 or be playing in a hockey league. Skating improvement to increase speed both forwards and backwards and skating improvement to stopping and turning, emphasizing the ability to do so to both the left and right will be taught. Skating stability and balance (body control), especially for peewee age and up where checking enters the game. We will cover puck handling with emphasis on learning to keep the player's head up, puck protection, passing accuracy and pass receiving and shooting accuracy and quickness of release. The tempo of drills will be increased as the sessions progress to "take players out of their comfort zones" to improve speed and quickness. All drills will be explained to the students and related to their purpose in improving the skill level and how those skills will come into play in real game situations.

GOALIE CLINICS—scheduled as needed.

Questions? please email: cbell@aerodromes.com