

h-f ice arena

Homewood-Flossmoor Park District | 708-957-PARK | hfparks.com



H-F ICE ARENA STAFF

Doug Boehm, *Manager*
 Teri Michor, *Assistant Manager*
 Stephanie Skrzypek, *Skating School Director*
 Brit Terry, *Hockey Coordinator*
 Chad Ganshirt, *Maintenance & Ice Technician*
 Tina Nemeh, *Pro Shop Manager*

BIRTHDAY PARTIES ON ICE

Birthday party package includes skating, rental skates and use of the party room. Choose from four packages:

1. Bronze
Party room, skate rental & open-skate admission. (\$50 plus \$6/skater for 1.5 hours)
2. Silver
Party room, rental skates & private use of Studio Rink. Max: 25. (\$190 for 2 hours)
3. Gold
Party room, rental skates, skating instructor/party assistant, birthday cake & private use of Studio Rink. Max: 25. (\$250 for 2 hours)
4. PLATINUM
Decorated party room, rental skates, skating instructor/party assistant, birthday cake, private use of Studio Rink and party favors. Max: 25. (\$350 for 3 hours)

OPEN SKATE SESSIONS:

\$6/person, \$4/skate rental
 Fridays: 3:30-5 p.m. & 8-9:30 p.m.
 Sat. & Sun.: 1-2:30 p.m.

FAMILY SKATE

Family of 4 for \$20 admission:
 Sundays 1-2:30 p.m.

PUBLIC SKATING PASSES:

\$50/Residents, \$55/NR for 10 sessions

ICE ARENA RENTAL RATES

Main Arena: Prime Time: \$295/Hour*
 Non-Prime: \$200/Hour*
 Studio Arena: \$95/hour*
 *Does not include skate rental





LEARN TO SKATE FOR HOCKEY PLAYERS & FIGURE SKATERS

Learn how to balance and skate unassisted! Class is for figure skaters, hockey players or recreational skaters. Skate rental is available for an additional \$1.50 per week. 10-Rental Cards available for \$10 (\$5 savings!). Each additional family member discount: \$5 R / \$6 NR. FEE: \$55 R / \$60 NR. *5 week session. Class fee: \$45R/\$50NR. NO CLASS: April 25.

Winter Session 2: Feb. 16-March 28 • Spring Session: March 30-May 9

LEARN TO SKATE, AGES 3-5

This 45-minute class consists of 30 minutes of instruction and games, followed by 15 minutes of playtime.

AGE	DAY/TIME	WINTER	SPRING
3-5	M, 2-2:45 p.m.	476201-51	176201-01
3-5	W, 4:30-5:15 p.m.	476201-52	176201-02
3-5	Th, 10-10:45 a.m.	476201-53	176201-03
3-5	Sat, 12:05-12:50 p.m.	476201-54	176201-04*

LEARN TO SKATE, AGES 6-12

This class is for skaters who have never skated before or have not had formal instruction. This 45-minute class will introduce the basics of skating through instruction and games.

AGE	DAY/TIME	WINTER	SPRING
6-12	M, 5-5:45 p.m.	476301-51	176202-01
6-12	W, 5:15-6 p.m.	476301-52	176202-02
6-12	Sat, 12:05-12:50 p.m.	476301-53	176202-03*

PRE-ALPHA – Instructor recommendation required

AGE	DAY/TIME	WINTER	SPRING
6+	M, 5-5:45 p.m.	476301-54	176301-01
6+	W, 5:15-6 p.m.	476301-55	176301-02
6+	Sat, 12:05-12:50 p.m.	476301-56	176301-03*

TEEN/ADULT BASIC, AGES 13+

It's never too late to skate! Ice skating burns more than 350 calories per hour. It is a great way to stay in shape and have fun with your family! Max: 12.

AGE	DAY/TIME	WINTER	SPRING
13+	M, 8-8:45 p.m.	476701-51	176701-01

HOMESCHOOL SKATING CLUB

Class introduces skating sports for fun, exercise and recreation. Exclusively for home-schooled kids ages 6-12. Max: 12.

AGE	DAY/TIME	WINTER	SPRING
6-12	Th, 9-9:45 a.m.	476327-51	176203-01

SPECIAL OLYMPICS

HF Ice Arena is pleased to offer ice skating classes for individuals with special needs. One-on-one attention, music and games will create a fun environment where every skater can achieve success. Offered with assistance from SSSRA.

AGE	DAY/TIME	SPRING
6+	M, 6:30-7 p.m.	176204-01



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INTERMEDIATE TO ADVANCED SKATING SCHOOL

NO CLASS: April 25. Fee: \$65 R / \$70 NR
Each Additional Family Member Discount:
\$5 R / \$6 NR

Skate rental is available for an additional \$1.50 per week. 10 Rental Punch Cards available for \$10 (\$5 savings!)

ALPHA 1 & 2

Pre-Requisite for Alpha 1: Pre-Alpha Test
 Pre-Requisite for Alpha 2: Alpha 1 Test

LEVEL	DAY/TIME	CODE
Alpha 1	M, 5:45-6:30 p.m.	176302-01
Alpha 1	F, 4:15-5 p.m.	176302-02
Alpha 1	Sat, 12:05-12:50 p.m.	176302-03*
Alpha 2	M, 5:45-6:30 p.m.	176303-01
Alpha 2	F, 4:15-5 p.m.	176303-02
Alpha 2	Sat, 12:05-12:50 p.m.	176303-03*

BETA

Pre-Requisite: Alpha 2 Test

DAY/TIME	CODE
M, 5:45-6:30 p.m.	176304-01
F, 4:15-5 p.m.	176304-02
Sat, 12:05-12:50 p.m.	176304-03*

GAMMA

Pre-Requisite: Beta Test

DAY/TIME	CODE
Tu, 5-5:45 p.m.	176305-01
Sat, 12:05-12:50 p.m.	176305-02*

DELTA

Pre-Requisite: Gamma Test

DAY/TIME	CODE
Tu, 5-5:45 p.m.	176306-01
Sat, 12:05-12:50 p.m.	176306-02*

TEEN/ADULT INTERMEDIATE

Pre-Requisite: Skating at the Beta-Delta Level

DAY/TIME	CODE
Tu, 7:15-8 p.m.	176702-01

ADVANCED SKATING

Fee: \$65 R / \$70 NR
Each Additional Family Member Discount:
\$5 R / \$6 NR

Skate rental is available for an additional \$1.50 per week. 10 Rental Punch Cards available for \$10 (\$5 savings!)

FREESTYLE 1 / FREESTYLE 2 COMPULSORY

Pre-Requisite for Freestyle 1: Delta Test
 Pre-Requisite for Freestyle 2: Freestyle 1 Test

LEVEL	DAY/TIME	CODE
FS1	M, 4:15-5 p.m.	176307-01
FS1	Tu, 5:45-6:30 p.m.	176307-02
FS2	M, 4:15-5 p.m.	176308-01
FS2	Tu, 5:45-6:30 p.m.	176308-02

FREESTYLE PROGRAM

Prepare to take your Freestyle Test in a group lesson format. Open to skaters that have passed the Freestyle 1 or Freestyle 2 Compulsory Class.

DAY/TIME	CODE	FEE
Tu, 6:30-7 p.m.	176309-01	\$50

TEEN/ADULT ADVANCED

Pre-Requisite: Skating at the Freestyle Level

DAY/TIME	CODE
Tu, 8-8:45 p.m.	176703-01

FREESTYLE 3-10

Pre-Requisite: Instructor Recommendation

DAY/TIME	CODE
Tu, 5:45-6:30 p.m.	176310-01

FREESTYLE POWER PLUS PACKAGE

Enroll your skater in **Power, Moves & Dance** AND **Freestyle 1** or up class and save \$40! ONLY \$90 R / \$100 NR

SPECIALTY CLASSES

CHOREOGRAPHY, FOOTWORK & EDGES

Pre-Requisite: Beta Test. Creativity is designed for skaters focused on improving their style and presentation. Class includes choreography, music interpretation, arm movements and transitional elements.

DAY/TIME	CODE	FEE
M, 7:20-7:50 p.m.	176329-01	\$30

HIGH POWER CLASS

Advanced drills and exercises to improve speed, stamina and strength. Skaters **MUST** have passed the Freestyle 4 test to enroll in this class

DAY/TIME	CODE	FEE
M, 5-5:30 P.M.	176326-01	\$50

POWER, MOVES & DANCE

Pre-Requisite: Passed Delta Test. Designed for Freestyle skaters to develop stamina and power. Class will also introduce skaters to Moves in the Field and Ice Dancing.

DAY/TIME	CODE	FEE
Tu, 5-5:45 p.m.	176327-01	\$65 R / \$70 NR

BETTER BASICS

This class is a must for any skater interested in competing or developing strong skating fundamentals. Class will focus on improving skaters extension, posture and edge quality.

DAY/TIME	CODE	FEE
Tu 4:30-5 p.m.	176328-01	\$30

Winter Session 2:
Feb. 16-March 28

Spring Session:
March 30-May 9
NO CLASS: April 25



Winter Session 2: Feb. 16-March 28 • Spring Session: March 30-May 9 (NO CLASS: April 25)
 *5 week session. Class fee: \$45R/\$50NR. NO CLASS: April 25.



GOLD-HOCKEY

Pre-requisite: Silver level completion, 2+ years skating experience or participation in Mite and Squirt house league program. Clinic includes a 45-minute class and a 45-minute scrimmage.

Scrimmage is held at 7 p.m. on Wednesday

evenings after class.

Fee: \$85 R / \$90 NR

AGE	DAY/TIME	CODE
6+	W, 6:15-7 p.m.	176319-01

PLATINUM HOCKEY

Pre-requisite: Gold level completion, 3+ years skating experience or participation in Squirt and Pee wee house league program. Clinic includes a 45-minute class and a 45-minute scrimmage. Scrimmage is held at 7 p.m. on Wednesday evenings after class.

Fee: \$85 R / \$90 NR

AGE	DAY/TIME	CODE
7+	W, 6:15-7 p.m.	076319-02

SCRIMMAGE ONLY

Just want to scrimmage? No instruction, a 45-minute cross-ice scrimmage.

Fee: \$45 R / \$50 NR

AGE	DAY/TIME	CODE
7+	W, 7-7:45 p.m.	176319-03

GIRLS ONLY! GET IN THE GAME HOCKEY CLINIC

Same great game but NO BOYS ALLOWED! Learn basic hockey skills from a female instructor. Pre-requisite: 4 years of age, Learn to Skate class completed or ability to be on the ice unassisted.

Fee: \$55 R / \$60 NR

AGE	DAY/TIME	CODE
4+	W, 6:15-7 p.m.	178501-01

ADULT HOCKEY

PARENTS' CLUB

Any parent or grandparent who has a child involved in hockey classes or the Viking house league program at H-F can join this class. It's a low-key, fun way to get exercise and more skating experience. Ability to skate unassisted, but no hockey experience necessary. Helmets, sticks and gloves are required, other equipment recommended.

Fee: \$65 R / \$70 NR

DAY/TIME	CODE
M, 8:45-9:30 p.m. (Men only)	178501-02
W, 7-7:45 p.m. (Women only)	178501-04

HOCKEY DEVELOPMENT PROGRAM

Prepare your skater for Viking House League Hockey next fall!

Session: March 30-May 9

No class: April 25.

Fee: \$55 R / \$60 NR

BRONZE- HOCKEY

Pre-Requisite: Learn to Skate class completed or ability to be on the ice unassisted.

AGE	DAY/TIME	CODE
4+	Sat, 10:15-11a.m.	176318-01*

SILVER-HOCKEY

Pre-Requisite: Bronze level completion, 1+ years skating experience, or participation in first year mite program.

AGE	DAY/TIME	CODE
5+	Sat, 11-11:45 a.m.	176315-01*

Rental hockey equipment is available for hockey development participants.

Rental package \$25/session. Please call 708-957-0100 to set up a fitting or for further questions

RAT HOCKEY
Beginning March 30

Mondays, 8-9 p.m.
 Tuesday, 9:30-10:30 p.m.
 Sunday, 11:30 a.m.-12:50 p.m.
 FEE: \$5 per person

Full equipment recommended.
 Must provide your own equipment.
 Helmets required.

SPRING BREAK RAT HOCKEY
 Monday, March 30-Sunday, April 5
 11:30 a.m.-12:50 p.m.
 FEE: \$5 per person