



## Ice Hockey Program



3779 Pickett Rd. Fairfax, VA 22031  
(703) 323-1132  
[www.fairfaxicearena.com](http://www.fairfaxicearena.com)  
— Since 1973 —

## ***Pre-requisite***

Students must be able to complete all skating skills through Beta.

### **PreAlpha**

- 2-Foot glide
- Right and left foot glides
- Backward wiggle
- Forward swizzle
- Backward swizzle

### **Alpha**

- Forward stroking
- Right over left forward crossover
- Left over right forward crossover
- Snow plow stop

### **Beta**

- Backward stroking
- Right over left backwards crossover
- Left over right backwards crossover
- Left and right T-stops

## **Hockey Clinic**

**Price: \$199**

### **What's included**

- Seven 45-minute sessions
- Seven practice sessions
- Skate rental is included

### **What you'll learn**

- Learn and improve your passing, shooting, stick-handling and game play.

### **Equipment needed**

All students must wear full gear during class. Gear should include a helmet with a face mask, gloves, elbow, shin and chest pads, stick and skates.

Students can get a  
**discount of 10% off**  
**all hockey equipment**  
**purchased in our Pro Shop.**

### **Register**

- Call (703) 323-1132
- Register at [fairfaxicearena.com](http://fairfaxicearena.com)