



225 Park Avenue • Portland • ME • 04102 • 207-808-3491 • www.troubhicearena.com

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COVID-19 PROTOCOLS

EFFECTIVE: 08/06/2021

REGARDLESS OF VACINATION STATUS:

Until further notice, The City of Portland requires the PUBLIC (guests and skaters) to wear a face covering in City buildings **at all times.**

ISI Group Skating & Hockey Skills Lessons for Tots, Youth & Adults

"Our mission is to provide skaters of all ages, abilities and interests with quality instruction in a warm and friendly environment."



The Ice Sports Industry (ISI) Skating Program was developed more than 50 years ago and is based on consistent and well-defined levels of achievement that have proven to guide a skater from basic beginner maneuvers through significantly more advanced and even competitive skill sets.

The ISI Lesson Program not only encourages individuals to skate for FUN and enjoyment, but also supports success by offering easily attainable testing levels for all ages and abilities. It has literally taught millions of people how to skate and skate well, so won't you please join us for our next session of group lessons! If you would like to learn more about the ISI Skating Program, please click here: [ISI Lessons](#)

Group Lesson Class Tips...

Please arrive for class 15 minutes before the scheduled lesson time. Students should be dressed warmly and bring mittens or gloves and a thick winter hat. To determine your skating level, please refer to the class level prerequisites. If you are still uncertain, register as a Beginner Level student. Our instructors will evaluate each student's skating skills and place them in the appropriate class level.

RENTAL SKATES: Rental skates are included at no addition fee. Students may bring their own skates as well.

PARKING: Troubh Ice Arena is located in the Portland Sports Complex at 225 Park Avenue. Parking is free, and on a first-come, first-served basis. We share our spaces with other facilities, including the Expo and Hadlock Field. Blue cones reserve a limited amount of spaces for our patrons. Additional parking is available behind the arena.

Group Lesson Protocols...

PRE-REGISTER: Students MUST be pre-registered for this class. WALK-ON SKATERS ARE NOT ALLOWED ON THE ICE AND AFTER THE FIRST CLASS, WE WILL NOT REGISTER NEW STUDENTS.

CANCELLATIONS: If for any reason lessons are canceled, Troubh Ice Arena will send an email and include the day and time of the re-scheduled class.

MAKE-UP CLASSES: Make-up classes are not available.

Unless accompanied with a doctor's note, refunds are not issued for classes missed.

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Tots • 4-5 Years Old ISI Beginner – Level 4

Tots are required to wear a protective helmet.

Fun!...along with easy success and accomplishments are the keys to any Tot level class. Tot skaters are between 4-5 years old on or before the first day of class and are taught in groups of 6-8. Class curriculum is presented in a positive and playful manner where maneuvers are broken down into smaller parts to be easily learned and mastered. Each class consists of 15 minutes of instruction and 15 minutes of supervised practice.

Tots are rewarded with a certificate upon completion of the session.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland Resident Fee: \$59.00 Non-Resident Fee: \$63.00

Class Time: 10:10 – 10:40 a.m.

Early Fall Session Dates: Saturday, October 2, 9, 16, 23

Late Fall Session Dates: Saturday, October 30 November 6, 13, 20

Youth • 6-17 Years Old ISI Beginner, Pre-Alpha, Alpha, Beta, Gamma, Delta Levels

We strongly suggest Youth students (especially Beginner Level) wear a protective helmet.

Basic skills instruction enables students to pursue interests in figure skating, hockey, recreational or speedskating. Each class consists of a 25-minute lesson and a 25-minute practice. Students are introduced to attainable skills and the class curriculum is presented in a positive manner where maneuvers are broken down into smaller parts to be more easily learned and mastered.

Students are rewarded with a certificate upon completion of the session.

Students passing an ISI testing level are rewarded with an ISI patch.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland Resident Fee: \$71.00 Non-Resident Fee: \$75.00

Class Time: 10:50 – 11:40 a.m.

Early Fall Session Dates: Saturday, October 2, 9, 16, 23

Late Fall Session Dates: Saturday, October 30 November 6, 13, 20

Youth • 6-17 Years Old ISI Freestyle Levels 1-10

Beginning with half-rotation jumps and basic spins all the way up to triple jumps and flying spins, your skating skills will improve at every step. Class curriculum is presented in a positive manner where maneuvers are broken down into smaller parts to be more easily learned and mastered. Students are between the ages of 6 -17 years old on the first day of class. Each class consists of 25 minutes of instruction and 25 minutes of supervised practice. Students are rewarded with a certificate upon completion of the session. Students passing an ISI testing level are rewarded with an ISI patch.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland Resident Fee: \$71.00 Non-Resident Fee: \$75.00

Class Time: 11:50 a.m. – 12:40 p.m.

Early Fall Session Dates: Saturday, October 2, 9, 16, 23

Late Fall Session Dates: Saturday, October 30 November 6, 13, 20

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Adults • 16+ Years Old
ISI Beginner, Pre-Alpha, Alpha, Beta, Gamma, Delta Levels
We strongly suggest Beginner Level Adult students wear a protective helmet.

Class curriculum is presented in a positive manner where maneuvers are broken down into smaller parts to be more easily learned and mastered. Students are 16+ years old on the first day of class. Each class consists of 25 minutes of instruction and 25 minutes of supervised practice. Students passing an ISI testing level are rewarded with an ISI patch.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland Resident Fee: \$71.00 Non-Resident Fee: \$75.00

Class Time: 3:10 – 4:00 p.m.

Early Fall Session Dates: Sunday, October 3, 10, 17, 24

Late Fall Session Dates: Sunday, October 31 November 7, 14, 21

Adults • 16+ Years Old
ISI Freestyle Levels 1-10

Beginning with half-rotation jumps and basic spins all the way up to triple jumps and flying spins, your skating skills will improve at every step. Class curriculum is presented in a positive manner where maneuvers are broken down into smaller parts to be more easily learned and mastered. Students are 16+ years old on the first day of class. Each class consists of 25 minutes of instruction and 25 minutes of supervised practice. Students passing an ISI testing level are rewarded with an ISI patch.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland Resident Fee: \$71.00 Non-Resident Fee: \$75.00

Class Time: 5:10 – 6:00 p.m.

Early Fall Session Dates: Sunday, October 3, 10, 17, 24

Late Fall Session Dates: Sunday, October 31 November 7, 14, 21

ISI Youth & Adult Open Freestyle Practice Ice (ISI OFPI)
Youth & Adult • *6+ Years Old

Offered to any participant **currently enrolled at Gamma level or higher**, this class is a great time to practice what you are learning in class and/or schedule a private lesson. ISI OFPI skaters must be 6+ years old or, when *under the age of 6, must be accompanied by a coach at all times.

This class ice is limited to 25 skaters. We encourage you to pre-register.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland and Non-Portland Resident Fee: \$60.00/session or \$15.00/class

Class Time: 4:10 – 5:00 p.m.

Early Fall Session Dates: Sunday, October 3, 10, 17, 24

Late Fall Session Dates: Sunday, October 31 November 7, 14, 21

**Youth & Adult • 6+ Years Old
ISI Hockey Skills**

HOCKEY SKATES, STICKS and HELMETS with FACEMASK are required.

TIA has developed a highly acclaimed hockey skating skills program with an emphasis on stride development, turning skills, crossovers and advanced backward skating technique to ensure that students bring stronger skating skills to his or her game.

We welcome those who want to enjoy a game of pond hockey on a cold winter day as well as those whose aspirations may include a spot on the roster of a major NHL team!

Each class consists of 20 minutes of instruction and 20 minutes of supervised practice.

Beginner Level Hockey students MUST have completed a beginner class or be able to skate forward and BACKWARD.

FMI: 207-808-5491 / vla@portlandmaine.gov

Portland Resident Fee: \$71.00 Non-Resident Fee: \$75.00

Class Time: 9:30 – 10:10 a.m.

Early Fall Session Dates: Saturday, October 2, 9, 16, 23

Late Fall Session Dates: Saturday, October 30 November 6, 13, 20

Private Lessons

Each one of our skating instructors is an experienced professional and/or qualified amateur figure skater.

If our group lessons are not convenient for you and you would like to schedule a private lesson(s), *please contact coaches directly*. Troubh Ice Arena suggests emailing all coaches to determine who would be the best fit for you and/or your family.

Along with the following information, it is helpful to include the date(s), day(s) and time(s) that work best for your schedule:

Skater's Name • Skater's Age • Skating Ability (i.e. Beginner, or ISI / USFS level)

Maryann J Carroll • carrollmaryann@hotmail.com

Ann Hanson • hansonann132@hotmail.com

Lynda J Hathaway • lynda.hathaway@icloud.com

Carol Nelson • nelsoncarol2015@gmail.com

Coaches determine their own fees. Troubh Ice Arena does not favor one coach over another.

*Thank you for choosing William B. Troubh Ice Arena.
We appreciate your business!*