



## Lesson Information

•All skaters should arrive for class 15 minutes before scheduled lesson time.

•Parents must sit in stands and observe class without distraction to instructors and children. Please **do not attempt** to coach your child.

•All skaters should dress warmly and wear mittens or gloves and a helmet or thick winter hat.

•Private Lessons - Should you desire a private lesson for any level skater, speak to the professional of your choice directly or call the Skating Director for general guidelines. Time for lessons and costs are determined with the assistance of the professional giving the lesson.

•Special Events - Skaters enrolled in Troubh Ice Arena's group lesson program for any one session in a calendar year are eligible for such events as an annual ice show, a summer skating exhibition, in-house competitions, and other activities.

REGISTRATION FORM is available online at [www.troubhicearena.com](http://www.troubhicearena.com).

Go to the skating lessons/registration.

ALSO AVAILABLE at TIA BUSINESS OFFICE OR REGISTER ONLINE AT: [iwww.portlandrec.com](http://iwww.portlandrec.com)

## Year-Round Basic Skills Program Sessions

### Winter Holiday Exhibition

Winter: 9-week session beginning first of January

Spring Mini: 4-week session beginning mid-March

### Spring Ice Show

Rehearsals and Show - Open to ISI students and participants in our various programs.

Late Spring: 7-week session beginning early May

Summer: 7-week session beginning early July

### Summer N'Ice Skating Exhibition

Fall Mini: 4-week session beginning September

Late Fall: 9-week session beginning early October



•If you miss a class, you may make it up on another day in that same session that the class is offered.

•Credits or refunds will only be given when accompanied with a doctor's note. (If you **KNOW** you will be missing classes within a session, you may pre-register for the class through the office and give the dates you will not be attending. We will pro-rate the session for you at that time.)

•If you **HAVE NOT** pre-registered for lessons, you must pay for the class **BEFORE** entering the ice. Please pay in the office. You may call the office and pay over the phone via credit/debit card before the class.

## PARKING AT TIA

We share our parking lot with other facilities, including the Expo and Hadlock Field. Parking is **free** and on a first-come, first-served basis. Blue cones reserve a limited amount of spaces for our patrons. Additional parking is available behind the arena.

**If you see a blue cone blocking a space, please remove it to park and place it back once you leave.**

**Reserve a space for the next customer!**

**Parking is prohibited in the DROP-OFF lane.**

**Those who abuse it will be towed.**

## Thank you!



## FALL MINI 2017 GROUP LESSON PROGRAM

*Basic Skills, Freestyle, Hockey Skating Skills*

## Back to School

Our program welcomes all ages from 4 years to adult. All levels of skating are taught, from tots to advanced. Basic skills instruction enables students to pursue interests in figure skating, hockey, recreational or speedskating. Each weekly session generally consists of a 25 minute lesson and a 25 minute practice. (**Exception:** Tots age 4 and 5 are taught in a 30 minute format.) Students interested in hockey may join our hockey skating skills class.

**Our instructors are experienced professionals or qualified amateur ice skaters.**

Our lesson time is allocated on a **first come-first served basis**. Group lessons are extremely popular and classes fill rapidly. **Please observe registration deadlines.** Refer to this brochure for valuable information pertaining to the program as well as class dates and times.

**Lynda Hathaway**  
**Interim Director of Skating**  
**Vicki Allen**  
**Office Manger**

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**Portland, ME 04102**  
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**[www.troubhicearena.com](http://www.troubhicearena.com)**

## ALL ABOUT OUR ISI BASIC SKILLS & FREESTYLE/ADVANCED PROGRAM

### Lessons for Tots to Adults... Sharpen your skills and join us!

●“Tots” are 4 and 5 years old and are taught in appropriate groupings for 30 minutes. Tots should be dressed warmly and wear mittens or gloves and a helmet or thick hat. Skaters **MUST** be 4 on or before the first class.

●“Introductory” are those 6 yrs. and older who have not received prior instruction, regardless of ability. Instructor will evaluate student and place at CORRECT level.

●“Pre-Alpha - Delta” are badge levels designated by Ice Skating Institute and are strictly adhered to in our system. Skaters are constantly evaluated and tested at appropriate intervals. Skaters receive a patch and certificate of recognition for each level attained. Once the Delta level is passed, students may participate in a group Freestyle class.

●“Hockey Skating Skills” — (Students with no ice skating experience must enroll in basic skills.) Skaters are introduced to balance, flow, agility, speed, and correct technique.

**Requirements:** 6 yrs. or older on or before first class.

**HOCKEY SKATES, STICKS and HELMETS with FACEMASK are required!!!!**

●“Freestyle 1 - 10” are badge levels designated by ISI and are strictly adhered to in our system. Skaters are constantly evaluated during the session and tested when appropriate. Patches will be awarded upon completion of each level. ISI membership is recommended and may be obtained online at skateisi.com

●“Adults” are those 16 years and older. Adult Dance & Edges classes are available for Gamma & higher levels.

### \*Open Freestyle (OFS) Practice Ice

Offered to any participant **currently enrolled at Gamma level or higher**. This is a GREAT time to practice what you are learning in class and/or receive a private lesson! **We encourage you to pre-register for the practice ice. It is limited to 22 skaters. Additional skaters may be allowed at the discretion of the Skating Director.**

## 2017 FALL MINI - ISI LESSON SCHEDULE

REGISTRATION DEADLINE: 9/5/17



### Tuesdays • 4 Weeks • ISI Youth Freestyle Classes

Sept 5, 12, 19, 26

Class Times	Class Levels	Fees	Non Res
4:00 - 4:30 pm	Tots – 4 & 5 years olds	\$36.00	\$40.00
4:30 - 5:20 pm	Pre-Alpha (Introductory), Alpha, Beta, Gamma – 6 Years Old +	\$48.00	\$52.00
5:30 - 6:20 pm	Delta, Freestyle 1, 2, 3 and 4 Elements	\$48.00	\$52.00
6:20 - 7:00 pm	*Open Freestyle Practice – Gamma & Higher <i>Adults welcome!</i>	\$44.00	\$44.00
7:10 - 8:00 pm	Freestyle 4 Program and Higher	\$48.00	\$52.00

### Wednesdays • 4 Weeks • Level 2 & 3 Advanced Hockey Skating Skills

Sept 6, 13, 20, 27

●Level 2 Hockey Skills - Completed Level 1, Intro to Back Crossovers and Higher			
●Level 3 Hockey Skills - Completed Level 2, For Advanced Hockey Skaters Only			
6:10-7:10 p.m.	Hockey Skating Skills Level 1 & 2	\$48.00	\$52.00

### Thursdays • 4 Weeks • Youth & Adult Basic Skills & Freestyle Classes

Sept 7, 14, 21, 28

1:30-2:00 p.m.	Tots – 4 & 5 years olds	\$36.00	\$40.00
1:30-2:30 p.m.	All Levels – 6 Years old +	\$48.00	\$52.00

### Saturdays • 4 Weeks • ISI Basic Skills, Freestyle & Hockey Skills

Sept 9, 16, 23, 30

#### ISI HOCKEY SKATING SKILLS

**HOCKEY SKATES, STICKS and HELMETS with FACEMASK are required!!!!**

**Students with no ice skating experience must enroll in Pre-Alpha/Intro (see Tuesday or Saturday.)**

●Beginner Hockey Skills - Some Basic Skills – No Hockey Skating Experience Required			
●Level 1 Hockey Skills - Completed Beginner Hockey or Played One Season in Organized Youth Program			
9:30 - 10:10 am	<b>Hockey Skating Skills</b> – 6 Years Old + <i>Adults welcome!</i>	\$48.00	\$52.00
10:10 - 10:40 am	Tots – 4 & 5 years olds	\$36.00	\$40.00
10:50-11:40 am	Pre-Alpha (Introductory), Alpha, Beta, Gamma – 6 Years old +	\$48.00	\$52.00
11:40 am- 12:30 pm	Delta, Freestyle 1, 2, 3 through Freestyle 4 Elements	\$48.00	\$52.00
12:40 - 1:20 pm	*Open Freestyle Practice – Gamma & Higher <i>Adults welcome!</i>	\$44.00	\$44.00
1:20 - 2:10 pm	Freestyle 4 Program – Freestyle 10	\$48.00	\$52.00

### Sundays • 4 Weeks • Adult (16 Years Old +) ISI Basic Skills & Freestyle Classes

Sept 10, 17, 24 & Oct 1

3:10 - 4:00 pm	<b>Adult</b> Intro Beginner, Pre-Alpha, Alpha, Beta Gamma	\$48.00	\$52.00
4:00 - 4:50 pm	*Open Freestyle Practice – Gamma & Higher	\$44.00	\$44.00
5:00 - 5:40 pm	** <b>Adult</b> Open Freestyle Practice – Gamma & Higher	\$44.00	\$44.00
5:40 - 6:30 pm	<b>Adult</b> Delta, Freestyle Levels 1-10, Dance, Edges	\$48.00	\$52.00

**\*\*Open Freestyle (OFS) & Adult OFS Ice for Gamma and Higher Level Skaters"**

**Late Fall ISI Hockey Skills, ISI Youth & ISI Adult Skating Skills Sessions begin the week of Tuesday, October 3rd.**