

## ASK US ABOUT...

- ◆ Private Rentals
- ◆ Birthday Party Rentals
- ◆ Skate Sharpening
  - ◆ Youth Hockey
- ◆ Hockey Leagues
- ◆ Curling League
- ◆ Freestyle Skating



### Year-Round ISI Lesson 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, please call the office.)

**225 Park Ave.  
Portland, ME 04102  
(207) 774-8553**

**Vicki Allen - Office Manager**  
vla@portlandmaine.gov

**Lynda Hathaway - Interim Skating Director**  
Lynda.Hathaway@icloud.com



**REGISTER ONLINE AT**  
[www.troubhicearena.com](http://www.troubhicearena.com)

The winter skating sessions  
begin the first week in January 2018!



## FALL 2017



**9 WEEK GROUP LESSONS**  
*Basic Skills*  
*Freestyle*  
*Hockey Skating Skills*



**Ice Skating Institute (ISI) Basic Skills Skating Lessons for Tots to Adults...**

**Sharpen your skills and join us!**

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 Skills** class.

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

● **“Tots”** should be dressed warmly and wear mittens or gloves and a helmet or thick hat. Skaters **MUST** be 4 years old on or before the first class.

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

● **Pre-Alpha, Alpha, Beta, Gamma, Delta and Freestyle Levels 1-10**, as designated by ISI, are strictly adhered to. Skaters are 6 years old + and are constantly evaluated and tested at appropriate intervals. Skaters receive a patch and certificate for each level attained.

● **Hockey Skills** - Skaters are 6 years old + and are introduced to balance and flow, agility, speed and correct techniques.

● **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.

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

**\*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 ISI Skating Lessons Schedule - 9 Week Session**

*RENTAL SKATES ARE INCLUDED WITH YOUR LESSON AT NO CHARGE.*

<b>TUESDAY</b>	October 3, 10, 17, 24, 31, November 7, 14, 28, December 5 (No class on November 21 <sup>st</sup> )
<b>THURSDAY</b>	October 5, 12, 19, 26, November 2, 9, 16, 30, December 7 (No class on November 23 <sup>rd</sup> )
<b>SATURDAY</b>	October 7, 14, 21, 28, November 4, 11, 18, December 2, 9 (No class on November 25 <sup>th</sup> )
<b>SUNDAY</b>	October 8, 15, 22, 29, November 5, 12, 19, December 23, 30 (No class on November 26 <sup>th</sup> )

**TOT LESSONS 4-5 YEARS OLD FEES: \$81.00 NON-RESIDENT: \$90.00**

CLASS NAME	TUESDAY	THURSDAY	SATURDAY	
Tots Beginner – Advanced	4 - 4:30 pm	1:30 - 2:00 pm	10:10 - 10:40 am	

**YOUTH LESSONS 6-17 YEARS OLD FEES: \$108.00 NON-RESIDENT: \$117.00**

CLASS NAME	TUESDAY	THURSDAY	SATURDAY	
Youth Beginner Intro	4:30 - 5:20 pm	1:30 - 2:30 pm	10:50 - 11:40 am	
Youth Pre-Alpha, Alpha, Beta, Gamma	4:30 - 5:20 pm	1:30 - 2:30 pm	10:50 - 11:40 am	
Youth Delta & Freestyle 1-4 Elements	5:30 - 6:20 pm	1:30 - 2:30 pm	11:40 am - 12:30 pm	
Youth Freestyle 4 Program-10	7:10 - 8:00 pm	1:30 - 2:30 pm	1:20 - 2:10 pm	

**OPEN FREESTYLE PRACTICE 6+ YEARS OLD FEES: \$99.00**

Delta Level and Higher	6:20 - 7:00 pm		12:40 - 1:20 pm	4:00 - 4:50 pm
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**ADULT LESSONS 16+ YEARS OLD FEES: \$108.00 NON-RESIDENT: \$117.00**

CLASS NAME		THURSDAY		SUNDAY
Adult Beginner Intro		1:30 - 2:30 pm		3:10 - 4:00 pm
Adult Pre-Alpha, Alpha, Beta, Gamma		1:30 - 2:30 pm		3:10 - 4:00 pm
Adult Delta Freestyle 1-10 Edges & Dance				5:40 - 6:30 pm

**\*ADULT OPEN FREESTYLE PRACTICE 16+ YEARS OLD FEES: \$99.00**

Adult Delta Level and Higher				5:00 - 5:40 pm
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**HOCKEY SKILLS 6+ YEARS OLD FEES: \$108.00 NON-RESIDENT: \$117.00**  
*Students with no ice skating experience must enroll in Beginner/Intro Lessons. (see Tue, Thu or Sat)*

CLASS NAME			SATURDAY	
All Hockey Skill Levels Welcome (see hockey levels below)			9:30 - 10:10 am	

- Beginner Hockey Skills - Some Basic Skills – No Hockey Skating Experience Required
- Level 1 Hockey Skills - Complete Beginner Hockey or Played 1 Season in Organized Youth Program
- 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
- **HOCKEY SKATES, STICKS and HELMETS with FACEMASK are required.**