

ASK US ABOUT...

- ◆ Company Events
- ◆ 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

TROUBH ICE ARENA

POLICIES & PROCEDURES

- 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 to make arrangements.)
- You must pre-register for classes.

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

Summer ISI skating sessions
begin the week of **July 9, 2018.**



2018 LATE SPRING



7-WEEK GROUP ISI LESSONS
Basic Skills
Freestyle
Hockey Skills



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

Join us and sharpen your skills!

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.**

2018 Late Spring ISI Skating Lessons Schedule - 6 –7 Week Session

Rental skates are included with your lesson.

MONDAY	May 14, 21, June 4, 11,18, 25 (No lesson on May 28th.)
TUESDAY	May 15, 22, 29, June 5, 12, 19, 26

TOT LESSONS 4-5 YEARS FEE: \$63.00 NON-RESIDENT FEE: \$70.00

CLASS NAME		TUESDAY
Tots Beginner – Advanced		4:00 - 4:30 p.m.

YOUTH LESSONS 6-17 YEARS OLD FEE: \$84.00 NON-RESIDENT FEE: \$91.00

CLASS NAME		TUESDAY
Youth Beginner Intro		4:30 - 5:20 p.m.
Youth Pre-Alpha, Alpha, Beta, Gamma, Delta		4:30 - 5:20 p.m.
Youth & Freestyle 1 -10 Elements/Program		6:20 - 7:10 p.m.

ADULT LESSONS 16+ YEARS OLD FEE: \$84.00 NON-RESIDENT FEE: \$91.00

CLASS NAME		TUESDAY
Adult Beginner		5:30 - 6:20 p.m.
Adult Pre-Alpha, Alpha, Beta, Gamma		5:30 - 6:20 p.m.
Adult Delta, Freestyle 1 – 10 Elements/ Program		8:00 - 8:50 p.m.
Adult Edges & Dance		8:00 - 8:50 p.m.

YOUTH & ADULT OPEN FREESTYLE PRACTICE 6+ YEARS OLD FEES: \$77.00

Gamma Level and Higher		7:20 - 8:00 p.m.
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HOCKEY SKILLS 6+ YEARS OLD FEE: \$72.00 NON-RESIDENT FEE: \$78.00
Students with no ice skating experience must enroll in Beginner/Intro Lessons.
(See level descriptions below.)

CLASS NAME	MONDAY	
Beginner Hockey Skills	5:40 - 6:20 p.m.	
Level 1 Hockey Skills	5:40 - 6:20 p.m.	
Level 2 Advanced Hockey Skills	6:30 - 7:10 p.m.	
Level 3 Advanced Hockey Skills	6:30 - 7:10 p.m.	

- 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.**