

Private Lesson Information

Coaches determine their own fees.

Troubh Ice Arena does not favor one coach over another.

COVID-19 PROTOCOLS

REGARDLESS OF VACCINATION 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**.

Troubh Ice Arena skating instructors are certified ISI or USFS professionals and/or qualified amateur figure skaters who truly love teaching this sport to skaters of all ages and skating abilities! 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 member.

Please include the following information:

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

Date(s) • Day(s) • Time(s)
(that work best for your schedule)

Private Coach Contact Info:

Coach Maryann Carroll
carrollmaryann@hotmail.com

Coach Ann Hansen
hansonann132@hotmail.com

Coach Lynda Hathaway
lynda.hathaway@icloud.com

Coach Katherine Kusturin
kgkusturin@gmail.com

Coach Carol Nelson
cpichette1@maine.rr.com

Troubh Ice Arena 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 in the back lot behind the arena.

Group Lesson Registration Protocols

Class Registration: **Pre-registration is mandatory.**

Students **MUST** be pre-registered for all group lessons.

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.
(Class fees are **NOT** prorated should a class be missed.)

Drop-in Classes: Drop-in classes are **NOT** allowed on ISI lesson ice.

Group Lesson Refund Policy

Unless accompanied with a doctor's note:

- Full refunds/credits are given with a 48-hour notice of first lesson in the session.
- A partial refund/credit, minus \$20.00 of total amount paid, will be given with less than a 48-hour notice of first lesson in the session.
- Refunds are not issued for classes missed.
- After the first class **NO** refunds and/or credits are given.

Group Lesson Class Tips

Class Time: Please arrive for class 15 minutes before scheduled lesson time.

Apparel: Dress warmly and bring mittens or gloves and a protective helmet or thick winter hat.

Skating Level: When uncertain of skating level, register as a Beginner. Class instructors will evaluate and place in appropriate class.

Skates/Skate Aides: Rental skates are included at no additional cost. For safety purposes, skate aides are **NOT** allowed. *Single blade skates are recommended.*



225 Park Avenue • Portland • ME • 04102

207-808-5491 / www.troubhicearena.com

Early Winter • Late Winter
ISI Adult Group Lessons
16 Years & Older



Registration Opens On:
Monday, December 13th, 2021

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

Ice Sports Industry (ISI) Group Lessons for Adults

COVID-19 PROTOCOLS REGARDLESS OF VACCINATION STATUS:

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The Ice Sports Industry (ISI) Skating Program is based on consistent and well-defined levels of achievement that have proven to guide students from basic beginner maneuvers through more advanced skills. The ISI Group 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.

Register for group lessons no later than midnight the day BEFORE the session begins and receive a **\$15.00 DISCOUNT!** Discount does **NOT** apply to ISI OFPI.
Please Note: Depending on the number of students registered for each ISI Group Lesson class, varying skating levels may be combined.

6-Week Early Winter Session • Adults 16+ Years Old

Early Winter Session Dates	Class Name	Class Time	Portland Resident Fee	Non-Resident Fee
Sunday, January 9, 16, 23, 30 • February 6, 13	ISI Basic Skills Levels	3:10 – 4:00 p.m.	\$99.00	\$105.00
Sunday, January 9, 16, 23, 30 • February 6, 13	ISI OFPI	4:10 – 5:00 p.m.	\$90.00	\$90.00
Sunday, January 9, 16, 23, 30 • February 6, 13	ISI Freestyle Levels 1 - 10	5:10 – 6:00 p.m.	\$99.00	\$105.00

5-Week Late Winter Session • Adults 16+ Years Old

Late Winter Session Dates <i>(No class on Mar 13th.)</i>	Class Name	Class Time	Portland Resident Fee	Non-Resident Fee
Sunday, February 20, 27 • March 6, 20, 27	ISI Basic Skills Levels	3:10 – 4:00 p.m.	\$85.00	\$90.00
Sunday, February 20, 27 • March 6, 20, 27	ISI OFPI	4:10 – 5:00 p.m.	\$75.00	\$75.00
Sunday, February 20, 27 • March 6, 20, 27	ISI Freestyle Levels 1 - 10	5:10 – 6:00 p.m.	\$85.00	\$90.00

Adult ISI Basic Skills Levels: Beginner • Pre-Alpha • Alpha • Beta • Gamma • Delta

We strongly suggest Beginner Level students wear a protective helmet (bike helmets are acceptable.)

Class curriculum is presented in a positive manner. Each class consists of 25 minutes of instruction and 25 minutes of practice. Students passing an ISI testing level are rewarded with an ISI patch. Complimentary rental skates are included with the lessons. Students should be dressed warmly and wear gloves or mittens and a protective helmet or thick winter hat.
Students are 16 years or older on the first day of class.

Adult ISI Freestyle Levels: 1-10

Beginning with half-rotation jumps and basic spins all the way up to triple jumps and flying spins, students learn complex elements in a group setting. Each class consists of 25 minutes of instruction and 25 minutes of practice. Students passing an ISI testing level are rewarded with an ISI patch.
Students are 16 years or older on the first day of class.

ISI OFPI (Open Freestyle Practice Ice)

*(*As long as accompanied by their coach at all times, skaters who do not meet the ISI OFPI Prerequisites are welcome to schedule private lessons on ISI OFPI .)*

Offered to any participant currently enrolled at Gamma level or higher, ISI OFPI is a great time to practice what you are learning in class and/or schedule a private lesson. The ice is limited to 25 skaters. We encourage you to pre-register.

ISI OFPI Prerequisites: Skaters are *6 years and older and *Gamma level or higher.

To register for Group Lessons: [Click Here](#)

We Accept:



When a Group Lesson class is full you will see this:

Program Full