

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 Youth & Adult Hockey Skills
6 Years and 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) Hockey Skills Group Lessons

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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 significantly more advanced and even competitive skill sets. ISI Group Lessons 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. Please join us for our next session of group lessons!

Register for group lessons no later than midnight the day BEFORE the session begins and receive a **\$15.00 DISCOUNT!**
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 • Youth & Adults 6 Years and Older

Session Dates	Class Name	Class Time	Portland Resident Fee	Non-Resident Fee
Saturday, January 8, 15, 22, 29 • February 5, 12	Hockey Skills Beginner Level Hockey Skills Level 1 – Level 3	9:30 – 10:10 a.m.	\$99.00	\$105.00

5-Week Late Winter Session • Youth & Adults 6 Years and Older

Session Dates	Class Name	Class Time	Portland Resident Fee	Non-Resident Fee
Saturday, February 19, 26 • March 5, 19, 26 <i>(No class on Mar 12th.)</i>	Hockey Skills Beginner Level Hockey Skills Level 1 – Level 3	9:30 – 10:10 a.m.	\$85.00	\$90.00

TIA Hockey Skills...

Hockey skates, sticks, and helmets with a facemask are MANDATORY. ONLY instructors and students are allowed on the ice during group lessons.

TIA has developed a highly acclaimed hockey skating skills program customized for the needs of all hockey skaters. Class emphasis is on core strength, speed, agility, form, flow and power production. We welcome those who want to enjoy a game of pond hockey as well as those whose aspirations may include a spot on the roster of a major NHL team! Each weekly class consists of a 10-minute warm-up and a 30-minute lesson. Complimentary rental skates are included with the lessons. **Students (youth and adults) 6 years and older are welcome!**

ISI Skills Levels: Beginner • Level 1 • Level 2 • Level 3

Hockey Skills for the Beginner

Prerequisites: Beginner Level Hockey students have **completed** a Basic Skills Beginner Session **OR** is able to skate forward **AND backward** (*rudimentary level.*)

Class Curriculum: Beginner students are introduced to proper stick handling (no pucks).

Hockey Skills Level 1

Prerequisites: Student has completed Beginner Hockey Skills Class or played 1 season in an organized hockey league or program.

Class Curriculum: Students are introduced to balance, flow, agility, inside/outside edges and more.

Hockey Skills Level 2

Prerequisites: Student has completed a Level I Hockey Skills Class and/or is able to execute forward crossovers in both directions.

Class Curriculum: Students become more efficient skating backward and are introduced to back-crossovers and complex turns.

Hockey Skills Level 3

Prerequisites: This class is for **advanced students only**.

Class Curriculum: Class curriculum is at the discretion of the instructor.

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

We Accept:



When a group lesson class is full you will see this:

Program Full