



225 Park Avenue • Portland • Maine • 04103 • [www.troubhicearena.com](http://www.troubhicearena.com)

*“Our mission is to provide skaters ages 6+ with quality instruction in a warm and friendly environment.”*

Before registering for group skating lessons, please familiarize yourself with Trough Ice Arena’s Covid-19 Group Lesson Eligibility Requirements & Protocols.

## Group Lesson Eligibility Requirements & Protocols

(Updated 05.5.2021)

### Group Lesson Eligibility Requirements

Students must meet the following requirements:

- 1) Student is 16+ Years Old
- 2) Student has completed a beginner class or is able to skate unassisted as well as stand up on their own if they fall.

In the future we are hopeful to again offer group lessons to all skaters ages 4 years and older.

### Maine CDC Guidelines & Maine Community Sports Guidelines

In Accordance with Maine CDC Guidelines and the Maine Community Sports Guidelines, coaches will adhere to all recommended practices and procedures. All skaters, guests, staff, etc should adhere to the 6 foot distancing requirement whenever possible and wear masks at all times.

These Guidelines will be updated per changes directed from the State.

### Maine CDC Building Capacity & Spectator Guidelines

Trough Ice Arena’s venue Capacity will be based on current State allowances. In the event of a change we will make sure to let you know.

Skaters who need assistance with equipment may be accompanied by a guest prior to and following their lessons.

While on-ice activities are occurring guests may sit in the stands while maintaining social distancing rules.

We will allow 1 guest per skater unless Capacity rules change.

Guests must follow venue signage in and out of Trough Ice Arena.

Guests must also complete a Covid Health Questionnaire upon entry.

### TIA Group Lesson Protocols

1. Individuals experiencing a sore throat, cough, chills, body aches, shortness of breath, loss of smell and or taste or fever at or greater than 100 degrees or any other symptoms consistent with COVID-19 are prohibited from entering the arena. Students are **required** to wear a face covering **at all times**, including during on-ice group lessons. **Per the CDC, shields alone are not an acceptable barrier unless combined with a face covering.**
2. Please arrive at the rink **no more than 10 minutes before your scheduled lesson**. As a safety precaution, TIA is controlling access to the building and as such, we appreciate your prompt arrival for lessons. This allows staff to limit the number of people allowed in the arena. If waiting in line outside, you must wear your mask and observe the 6 feet rule.
3. Skaters are to be dropped off/picked up outside the rink and should come prepared to take the ice (Skaters in need of assistance may be briefly accompanied by a guest prior to and following their lesson). Upon arrival, entrance to the building is through the front doors and once in the lobby, down the stairs to the right. Please look for directional arrows.
4. Skaters must exit the building within 10 minutes after their lesson has concluded. Exit via the bleacher staircase and through the side doors on the upper level.
5. Restrooms may be used with a maximum of 2 skaters per restroom allowed. Socializing in the lobby and/or restrooms is **not** allowed.
6. **TIA does not maintain a Lost and Found. Any items left behind will be disposed of.** All personal items, i.e. jewelry, wallet, etc. should be left at home.
7. Currently, we are not allowing the consumption of food inside the facility.

### Protocol Violations

Violation of these protocols may result in being asked to leave our facility.

**Refunds/credits will not be given when asked to leave the building for not following Covid-19 Protocols.**

When under the age of 18, TIA will contact a parent to pick a skater up or give permission for a skater to leave TIA on their own.

Even with these precautions in place, Trough Ice Arena cannot eliminate all risk associated with COVID-19. By choosing to make use of this facility, guests are assuming the risk that they may contract COVID-19 at the facility despite Trough Ice Arena’s best efforts to provide a clean and safe environment.

### Mandatory TIA Covid-19 Health Check

All who enter are required to complete the TIA Covid-19 Health Check Questionnaire **before** entering our facility.

For your convenience, the Q-code link is also posted on the doors into our rink.



### Troubh Ice Arena (TIA) Group Skating Lessons

Troubh Ice Arena's Group Lesson Program offers classes for people ages 6+, with specific emphasis on basic skills, hockey skating skills, and figure skating skills. Additionally, opportunities exist for clinics, parties, exhibitions and shows relating to ice skating.

**Please note:** During the pandemic, lesson curriculum may be adjusted if necessary.

### Ice Sports Industry (ISI) Skating Program

The Ice Sports Industry (ISI) is an international organization dedicated to the advancement of recreational ice skating. More than 50,000 individual members and 3,500 instructor members are currently registered through 655 member facilities in the USA! A meticulously crafted badge program provides instructors with a system of evaluation and encouragement. ISI encourages lifelong participation in the great sport of ice skating!

### Adult ISI Basic Skills Group Lessons for Ages 16 & older

#### Adult ISI Basic Skills Levels - Intro/Pre-Alpha \* Alpha \* Beta \* Gamma \* Delta

Basic skills instruction enables students to pursue interests in figure skating, hockey, recreational or speed skating. Each weekly session generally consists of a 25 minute lesson and a 25 minute practice.

Skaters are introduced to attainable skills and goals suited to their level.

Students must be pre-registered in order to participate in the ISI Group Lesson Program. ([To Register Click Here](#))

When unsure of a student's level, register as an Intro/Pre-Alpha.

Instructors will evaluate skating skills and will place students in the appropriate class.

### Adult ISI Freestyle Levels 1-10 for Ages 16 & older

Each weekly session generally consists of a 25 minute lesson and a 25 minute practice. Students are introduced to the elements of freestyle: jumps, spins and footwork. As skaters progress, additional features are introduced, including the learning of a program skated to music. The ISI freestyle structure provides instruction for all levels.

Students must be pre-registered in order to participate in the ISI Group Lesson Program. ([To Register Click Here](#))

If you are unclear as to your level, refer to the following guideline.

Ex. Gamma- Freestyle 2, jumps no higher than 1/2 revolution; Freestyle 3 and above, jumps 1 revolution and higher.

### Group Lesson Registration Policies

• **Preregister:** Preregistration is mandatory.

• **Drop In classes are not allowed.**

• **Refunds:**

-**Full Refunds** will be given with a 48 hour notice prior to the first lesson in the session.

-**Partial Refunds** (full payment minus \$20) are given with less than a 48 hour notice prior to the first lesson in the session.

-**Credits:** You may choose to take a full credit to be used at a later date

-**No Refund:** No refunds or credits will be given after the second class, unless a verifiable doctor's note is presented.

### Group Lesson Make-up Class Policy

**Due to Covid-19 Protocols and parameters, we are not currently offering makeup classes.**

### Skates / Rental Skates / Sharpening

**Complimentary Rental Skates are included with Group Lessons**

If you own your own skates, sharpening is available by appointment.

[rallen@portlandmaine.gov](mailto:rallen@portlandmaine.gov) / 207-808-5492

### Parking at Troubh Ice Arena

Troubh Ice Arena is located at the Portland Sports Complex on 225 Park Avenue. Parking is free, and on a first-come, first-served basis. We share our spaces with nearby facilities, including the Expo and Hadlock Field. Blue cones reserve a limited number of spaces for our patrons. Additional parking is available behind the arena.

## Adult ISI Basic Skills Group Lessons

### Intro/Pre-Alpha • Alpha • Beta • Gamma • Delta

Basic skills instruction enables students to pursue interests in figure skating, hockey, recreational or speed skating. Each 50-minute class consists of 25 minutes of instruction and 25 minutes of supervised practice. Skaters are introduced to attainable skills and goals suited to their level.

Students must be pre-registered in order to participate in the ISI Group Lesson Program. [To Register Click Here](#)

When unsure of a student's level, register as an Intro/Pre-Alpha. Instructors will evaluate skating skills and will place the student in appropriate class.

Additional class information available upon request, please email [Jodonal@portlandmaine.gov](mailto:Jodonal@portlandmaine.gov)

Levels

Day

Session Dates

Times

Res Fees

Non-Res Fees

Late Spring Session

<b>Intro-Gamma 16+ Years Old</b>	<b>Wed</b>	<b>June 9, 16, 23, 30 July 14, 21</b>	<b>5:20-6:10 p.m.</b>	<b>\$ 84.00</b>	<b>\$ 90.00</b>
<b>Delta 16+ Years Old</b>	<b>Wed</b>	<b>June 9, 16, 23, 30 July 14, 21</b>	<b>7:10-8:00 p.m.</b>	<b>\$ 84.00</b>	<b>\$ 90.00</b>

### Adult ISI Freestyle Group Lessons

Each 50-minute class consists of 25 minutes of instruction and 25 minutes of supervised practice. Students are introduced to the elements of freestyle: jumps, spins and footwork. As skaters progress, additional features are introduced, including the learning of a program skated to music.

The ISI freestyle structure provides instruction for all levels.

If you are unclear as to your level, refer to the following guideline.

Ex. Gamma- Freestyle 2, jumps no higher than 1/2 revolution; Freestyle 3 and above, jumps 1 revolution and higher.

Students must be pre-registered in order to participate in the ISI Group Lesson Program. [To Register Click Here](#)

Additional class information available upon request, please email [Jodonal@portlandmaine.gov](mailto:Jodonal@portlandmaine.gov).

<b>Levels</b>	<b>Day</b>	<b>Session Dates</b>	<b>Times</b>	<b>Res Fees</b>	<b>Non-Res Fees</b>
<b>Late Spring Session</b>					
<b>All Freestyle 1-10 16+ Years Old</b>	<b>Wed</b>	<b>June 9, 16, 23, 30 July 14, 21</b>	<b>7:10-8:00 p.m.</b>	<b>\$ 84.00</b>	<b>\$ 90.00</b>

### Youth & Adult ISI Group Lesson Practice Ice (GLPI)

ISI Group Lesson Practice Ice is the perfect opportunity for students to practice what they are learning in class and/or to supplement their group lesson with a private lesson.

Ice is limited to 25 students, and group lesson participants have priority.

Students must pre-register for this ice ( [To Register Click Here](#) ) and we encourage early registration.

Students must skate at ISI Gamma level or equivalent (USFS Basic 6) or higher to register for practice ice.

Skaters below the Gamma level are welcome on practice ice for private lessons **only** and must be accompanied by a coach at all times.

If you would like more information on private skating lessons, please email: [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov).

<b>ISI Levels</b>	<b>Day</b>	<b>Session Dates</b>	<b>Times</b>	<b>Res Fees</b>	<b>Non-Res Fees</b>
<b>Early Summer Session</b>					
<b>Gamma - Freestyle 2</b>	<b>Tue</b>	<b>June 8, 15, 22, 29 July 13, 20</b>	<b>5:30-6:20 p.m.</b>	<b>\$ 90.00/session</b>	
<b>Freestyle 3 &amp; Up</b>	<b>Tue</b>	<b>June 8, 15, 22, 29 July 13, 20</b>	<b>6:30-7:20 p.m.</b>		
<b>Adults Only Freestyle Ice 16+ Years Old</b>	<b>Wed</b>	<b>June 9, 16, 23, 30 July 14, 21</b>	<b>6:30-7:10 p.m.</b>		