

Private Lesson Information

Coaches determine their own fees.
Trough 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.

Trough 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.

Trough 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

Trough Ice Arena Parking



Trough 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, Trough 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.*

William B. TROUBH ICE ARENA

225 Park Avenue • Portland • ME • 04102
207-808-5491 / www.troubhicearena.com

Early Winter • Late Winter
ISI Group Lessons
Tots Fundamentals
4 - 5 Years Old



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 Tots

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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!**

Please Note: Depending on the number of students registered for each ISI Group Lesson class, students of different skating levels may be combined.

6-Week Early Winter Session • Tots 4 – 5 Years Old

Early Winter Session Dates	Class Name	Class Time	Portland Resident Fee	Non-Resident Fee
Saturday, January 8, 15, 22, 29 • February 5, 12	Tots Level 1 Beginner	10:10 – 10:40 a.m.	\$81.00	\$87.00
	Tots Level 2 – Level 4			

5-Week Late Winter Session • Tots 4 – 5 Years Old

Late Winter Session Dates	Class Name	Class Time	Portland Resident Fee	Non-Resident Fee
Saturday, February 19, 26 • March 5, 12, 26 <i>(No class on Mar 12th.)</i>	Tots Level 1 Beginner	10:10 – 10:40 a.m.	\$70.00	\$75.00
	Tots Level 2 – Level 4			

ISI Tot Fundamentals Skills Levels: Beginner Level 1 • Level 2 • Level 3 • Level 4

A protective helmet is **MANDATORY** (bike helmets are acceptable.) ONLY instructors and students are allowed on the ice during group lessons.

Fun!...along with easily accomplished skills are the keys to our successful Tot level classes. These classes are specifically designed for this age group and the class curriculum is presented in a positive and playful manner. Each class consists of 30 minutes of instruction and tots are rewarded with a certificate upon completion of the session. Complimentary rental skates are included with the lessons. **Tot are 4-5 years old on the first day of class.**

• TOT Fun!damentals Level 1 for the Beginner

Prerequisites: Tots have little to no skating experience.

Class Curriculum: In this class, skaters are introduced to simple and attainable skills. Along with learning the proper way to fall and to recover from the fall (get back up!) and basic forward & backward movement, students will also learn how to march in standing position and how to march while moving.

• TOT Fun!damentals Level 2

Prerequisites: Tots have completed a Level 1 class or are able to fall safely and to get back up, and are familiar with forward and backward movement as well as marching while standing in place and while moving.

Class Curriculum: In Level 2, tots will learn how to do a two-foot jump in place, how to do a forward swizzle standing still, a single swizzle and a beginning two-foot glide.

• Tot Fun!damentals Level 3

PREREQUISITES: Tots have completed a Level 2 class or can perform a two-foot jump in place, a forward swizzle standing still, a single swizzle and a beginning two-foot glide.

Class Curriculum: In Level 3, tots will learn push and glide stroking, a dip, a forward swizzle, and preparation for a snowplow stop.

• Tot Fun!damentals Level 4

Prerequisites: Tots have completed a Level 3 class or can perform push and glide stroking, a dip, a forward swizzle, and are familiar with a snowplow stop.

Class Curriculum: In Level 4, tots will learn the “T” position with a left and right push, backward swizzles, a one and/or two-foot snowplow stop and a backward wiggle.

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

We Accept:



When a class is full, you will see this:

Program Full