

Adult Co-Ed Pick-up Hockey Sessions • Minimum Age: 18 Years Old

FMI: vla@portlandmaine.gov / 207-828-5491

We offer year-round Adult Co-Ed Pick-up Hockey sessions. Stay fit while having fun and drop by for a friendly game of pick-up hockey. For those of you who may not have the time to join a league, this is a great way to keep your skills in "Check"...pun intended! Games are unsupervised. Nets, pucks, and cones are provided by TIA. *Goalies skate for free!*

Program Protocols:

- Minimum Age Requirement: 18
- During game-play slap-shots are **strongly discouraged**.
Players are allowed to practice slap shots when there aren't enough players for a game.
- Light passing and bumping is allowed.
- Helmets are **REQUIRED** and at a minimum, lower padding is strongly encouraged.

Fees: \$8.00/Session - This is a "walk-in and pay upon arrival" program.

[View Monthly Calendar Information](#)

NEW!

Youth Co-ed Stick & Puck Hockey (YSPH) • 7-13 Years Old + 1 Adult 18+ Years Old

FMI: jodonal@portlandmaine.gov / 207-808-5494 rallen@portlandmaine.gov / 207-808-5492

This is a co-ed public session and youth hockey skaters between the ages of 7-13 years old and of all skating abilities are welcome! It provides the perfect opportunity for youth to focus on and improve their stick handling, passing, and shooting skills. One adult, 18+ years old, may join the skater on the ice and must register for the session as well. Sessions ARE limited to the first 20 registrants. *Nets, pucks, and cones are provided by TIA. Upon request, a non-shooting area will be set-up for goalies to practice net drills.*

YSPH Rules of Engagement: It's important that you share the ice with the other players. If you're working on shooting, take your practice shots and then let someone else have a turn. Always keep your head up and be aware of where the other players are, especially when you are shooting or retrieving a puck from the net.

YSPH Protocols:

- Organized games not allowed during Stick & Puck sessions
- Checking is **not permitted**.
- Never shoot on a goalie unless the goalie has given permission to do so.
- Players who do not adhere to all Stick & Puck Protocols will be asked to leave the rink.
- Trough Ice Arena reserves the right to revoke a player's privileges due to unsportsmanlike behavior.

YSPH Prerequisites:

YOUTH: Full gear is **MANDATORY** including: **hockey skates, sticks, helmets with a full-face mask, gloves, elbow and shin pads, full length pants.** **ADULTS:** Helmets with face guards are **mandatory**.

Pre-registration is **mandatory**.

Fee: \$15.00/session **Dates:** Monday, Jun 6, 13, 20, 27 **Time:** 6:00 – 6:50 p.m. [Register Here](#)

Morning Hockey Club (MHC) for • 18+ Years Old

FMI: Derek Nisbet / derek.e.nisbet@ampf.com

This co-ed club is all about having fun and staying healthy while enjoying the game they love! **MHC** welcomes all skill levels from beginner to advanced. If you are interested in joining this club or would like more information, please contact **MHC** directly.

Dates: Tuesday & Thursday Mornings **Times:** 7:00 – 8:00 a.m.

Greater Portland Women's Ice Hockey (GPWIH) League • 18+ Years Old

FMI: Denise Tanguay / gpwih@maine.rr.com

GPWIH League is a non-checking recreational league developed by and for women ice hockey players. **GPWIH** welcomes all skill levels from beginner to advanced. If you are interested in joining this league or would like more information, please contact **GPIWH** directly.

Pine Tree Curling Club (PTCC) Learn to Curl

FMI: [PTCC Learn to Curl](#)

Troubh Ice Arena is excited to, once again, host the **PTCC's** "Learn to Curl" sessions. The recognized Olympic sport of curling can be played by nearly everyone, from the mildly athletic to seasoned athletes. Many club members are well into their 70's! Not only is curling fun, but it's also a very social sport and a great way to ensure a good time will be had by all! Learn-to-curl sessions are very popular! Curling is an easy-to-learn sport for people of all ages and athletic abilities so join in the fun...and bring your family & friends along! *For more information, please visit the PTCC link above.*

Pine Tree Curling Club (PTCC) League

FMI: [PTCC League](#)

PTCC's regular season runs from September through March right here at Troubh Ice Arena. Grab a group of your family and friends or get together with a team of new friends! *For more information, please visit the PTCC link above.*

The Portland Hockey Trust (PHT) for 3rd – 5th Graders

FMI: Jill Osgood / 207-766-6647 / [PTH](#) for this program, please contact **PHT** directly.

This is a FREE program for Portland residents only. Each spring and fall, the Portland Hockey Trust provides an opportunity for all Portland youth in **Grades 3 – 5** to experience the sport of hockey. The PHT also promotes the physical, emotional, and social well-being of the youth in Portland by providing opportunities to play hockey regardless of ability to pay. Skates and hockey gear are provided, but if you have your own, please feel free to bring them. PHT welcomes community volunteers. *For more information, please contact Jill Osgood.*

Local Youth Hockey Groups/Leagues

For more information about the following leagues, please contact them directly.

CBHA (Casco Bay Hockey Association) • 5 – 18 Years Old: [Click Here](#)

PACE (Portland & Cape Elizabeth) Middle School Hockey • Grades 6 – 8: [Click Here](#)

High School Hockey Game Schedules

For an up-to-date game schedule, please contact your local high school or visit their on-line website below.

Troubh Ice Arena is proud to service four area high school hockey programs. Portland/Deering, Cheverus, South Portland, and Cape Elizabeth High School call TIA home during the winter months. Varsity high school games, for both boys and girls, are played on Thursday and Saturday evenings throughout the December to February winter season. Don't miss out on all the action...come on out and support your local high school!

[PHS/DHS Game Schedules](#)

[CEHS Game Schedules](#)

[CHS Game Schedules](#)

[SPHS Game Schedules](#)

