

FREESTYLE ICE AND SPECIALITY CLASSES

NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM Spin 5:10 PM - 6:10 PM	FS 3:30 PM - 4:20 PM FS 4:30 PM - 5:20 PM	VOTING DAY	FS 10:30 AM - 11:20 AM M2G 11:30 AM - 12:20 PM FS 12:30 PM - 1:20 PM FS 1:30 PM - 2:20 PM	FS 12:00 PM - 1:30 PM FS 2:10 PM - 3:00 PM FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM FS 5:10 PM - 6:00 PM	FS 2:20 PM - 3:10 PM FS 3:20 PM - 4:10 PM	FS 11:00 AM - 11:50 AM FS 12:00 PM - 12:50 PM
8	9	10	11	12	13	14
FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM Spin 5:10 PM - 6:10 PM	FS 3:30 PM - 4:20 PM FS 4:30 PM - 5:20 PM	FS 12:00 PM - 1:30 PM FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM	FS 12:10 PM - 1:00 PM M2G 1:10 PM - 2:00 PM FS 2:10 PM - 3:00 PM FS 3:10 PM - 4:00 PM	FS 12:00 PM - 1:30 PM FS 2:10 PM - 3:00 PM FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM FS 5:10 PM - 6:00 PM	FS 2:20 PM - 3:10 PM FS 3:20 PM - 4:10 PM	FS 11:00 AM - 11:50 AM FS 12:00 PM - 12:50 PM
15	16	17	18	19	20	21
FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM Spin 5:10 PM - 6:10 PM	FS 3:30 PM - 4:20 PM FS 4:30 PM - 5:20 PM	FS 12:00 PM - 1:30 PM FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM	FS 12:10 PM - 1:00 PM M2G 1:10 PM - 2:00 PM FS 2:10 PM - 3:00 PM FS 3:10 PM - 4:00 PM	FS 12:00 PM - 1:30 PM FS 2:10 PM - 3:00 PM FS 3:10 PM - 4:00 PM	FS 2:40 PM - 3:30 PM FS 3:40 PM - 4:30 PM	FS 11:00 AM - 11:50 AM FS 12:00 PM - 12:50 PM
22	23	24	25	26	27	28
FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM Spin 5:10 PM - 6:10 PM	FS 3:30 PM - 4:20 PM FS 4:30 PM - 5:20 PM	FS 12:00 PM - 1:30 PM FS 3:10 PM - 4:00 PM FS 4:10 PM - 5:00 PM	FS 12:10 PM - 1:00 PM M2G 1:10 PM - 2:00 PM FS 2:10 PM - 3:00 PM FS 3:10 PM - 4:00 PM		FS 2:40 PM - 3:30 PM FS 3:40 PM - 4:30 PM	FS 11:00 AM - 11:50 AM FS 12:00 PM - 12:50 PM
29	30	<p>Freestyle (FS) ice is reserved for skaters who have reached the ISI Gamma or USFS Basic 6 level or higher.</p> <p>You must be able to execute the following moves in order register for FS ice:</p> <ul style="list-style-type: none"> • 5 Right-Foot-Over Left & 5 Left-Foot-Over Right Backward Crossovers • Right and Left Foot Outside Edge T-Stop <p>For more information on skating levels: ISI Skating Levels (video demonstration included)</p>				

<ul style="list-style-type: none"> • To Register for sessions, please click on link: Freestyle Ice & Speciality Classes • Prior to taking the ice each day, please click on link and answer questions: Covid19 Daily Health Check Questionnaire • Mandatory pre-registration required for skaters AND coaches (no charge for coaches) at least 10 minutes BEFORE the freestyle session start time. • Mandatory pre-registration required for skaters AND coaches (no charge for coaches) at least 5 hours BEFORE any speciality session start time. • Skaters are required to wear a face covering or full-face shield inside the rink. • During skating activities, face coverings or full-face shields are encouraged but not required. • To cancel, please contact the rink office: 207-808-5491 / via@portlandmaine.gov 	 <ul style="list-style-type: none"> FS - Freestyle Ice FS Ice \$8.00 Spin Class • • M-2-G Class Move-2-Groove Class <i>Read more about this class in the online class description!</i>
--	--

Go to www.portlandmaine.gov/388/troubhicearena or www.troubhicearena.com and click on 1. "Register For Programs"

STAY THE COURSE

PORTLAND | me

PLACES PROGRAMS VENUES PERMITS & SERVICES ABOUT US

Search our site...

William B. TROUGH ICE ARENA

Register For Programs

ARENA HOURS

ARENA IS OPEN
7 DAYS/WEEK
6:00 AM - 10:00 PM

CONTACT US
via@portlandmaine.gov

PH: (207) 774-8553
fx: (207) 628-1631

Trough Ice Arena
225 Park Ave
Portland, Maine 04102

2. Log in using your Username and password.



Community Pass is a partnership of the local community organizations.
From here you can register for an activity, see your account's current registrations or edit your account information.

Create an Account

CommunityPass is your resource for event and activity registration within your Community. To begin, click the sign-up link above, complete the sign-up form and enjoy the convenience of online registration!

ONLINE REGISTRATION for before and after the bell will close at 4:30 pm Wednesday, September 9th. If you would like to register your child for the before and after the bell program, please call the office at 808-5400 or email at recreation@portlandmaine.gov

Portland Recreation will begin registering for our **HYBRID** Before & After the Bell Program on Monday, August 24, 2020 at 8:00 a.m. Rec will be available at each school on days your child attends IN-PERSON class and ALL-DAY-WEDNESDAY rec at one of our 3 Community Centers.

[CLICK HERE TO VIEW A LETTER FROM RECREATION MANAGER, MARIE DAVIS, REGARDING BEFORE AND AFTER THE BELL DURING THE COVID19 PANDEMIC](#)

Links:

[Covid19 Protocol](#)

Existing Users

Please Log In

Username

Password

Log In

[Forgot username or password](#)

[Need Help?](#)

3. Click on "Browse Activities".



CommunityPass is a partnership of the local community organizations. Switch to a Different Community ▾

Portland Dept. of Parks, Recreation & Facilities [Visit Website](#)

Welcome to Parks, Recreation & Facilities Department. This department consists of three major divisions: Public Assembly Facilities, Recreation and Building Maintenance. Public Assembly Facilities is responsible for the scheduling and management of Merrill Auditorium, Hadlock Stadium, Portland Exposition Building, Ocean Gateway and the Maine State Pier. Recreation manages the Portland Ice Arena, Riverside Golf Course and special events at various city parks and administers a variety of youth, adult and senior recreation and aquatic programs. Building Maintenance is responsible for the maintenance, repair and renovation of a variety of City and School buildings.

[Browse Activities](#) 

Useful Links

-  [VIEW & PAY BALANCES](#)
-  [VIEW REGISTRATIONS](#)
-  [MESSAGE CENTER](#)
-  [VIEW ACCOUNT](#)

News & Announcements

4. Verify your account information is up-to-date and click on "Continue."



Verify Account

Please select the individual that will be considered the Primary Contact for this account. This person will receive receipts and other contacts from the CommunityPass system. You can change this designation by clicking the radio button next to the appropriate individual.

Please ensure that your email address(es) are up to date. Your email can be updated by clicking the Edit link below.

Primary Contact

Vicki Allen [edit](#)
via@portlandmaine.gov
2073183465
Family-Member

[Add New Adult ▾](#)

Account Information

Last Name: *

Address: *

City: * State: * Zip: *
 ME

Phone (w/ areacode): * ext.

[Cancel](#) [Continue](#) 

5. Scroll down and click on “Freestyle Sessions” and click on “Show Sessions.”

PORTLAND PARKS, RECREATION & FACILITIES

Search a keyword

RESULTS (Viewing 1-8 of 8) Season: Portland Parks and Recreation

FILTERS

- Family Members
- Program Groups
- Select All
- Ice
- Aquatics
- Recreation
- Clear Selections
- Age
- Grade
- Gender
- Programs Starting
- Locations
- Instructors
- CLEAR ALL FILTERS

Aquatics Parent & Child Parent and Child Aquatics (6 months-about 4 years): Teaches safe behaviors around the water and develops swimming readiness by leading parents and their	Read More >	Show Sessions
Aquatics Preschool For all Preschool levels: Child must be between 3 year and 5 years old to enroll and be fully potty-trained; Student Teacher Ratio: 6:1. Beginner: Participants use our 2 or	Read More >	Show Sessions
Aquatics Level 1-6 Learn-to-Swim (children about 6 -14 years of age): Designed to provide school-age children and young teens with a positive, developmentally appropriate aquatic learning	Read More >	Show Sessions
Recreation Youth		Show Sessions
Recreation Adult		Show Sessions
Adult Lap Swim		Show Sessions
Freestyle Session		Show Sessions
Water Aerobics		Show Sessions

6. Once you click on show sessions, you will see a drop down menu. Find the class day and time you want and click on “Add to Cart.”

Freestyle Session

Hide Sessions

Session/Availability	Eligibility	Dates/Times	Price/Location	Register/More Info
Public Freestyle Ice Gamma Level & Higher - Thursday - 12:00 - 1:30 p.m. (TIAFPSThu12:00)		10/01/20 - 10/29/20 12:00 PM-1:30 PM Offered: <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	\$8.00 Trough Ice Arena/Ice	Add to Cart View More Details >
Freestyle Ice - Thursday - 2:40 - 3:30 p.m. (TIAOCTTHUFS2:40)		10/01/20 - 10/29/20 2:40 PM-3:30 PM Offered: <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	\$15.00 Trough Ice Arena/Ice	Add to Cart View More Details >
Freestyle Ice - Thursday - 3:40 - 4:30 p.m. (TIAOCTTHUFS3:40)		10/01/20 - 10/29/20 3:40 PM-4:30 PM Offered: <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	\$15.00 Trough Ice Arena/Ice	Add to Cart View More Details >
Freestyle Ice - Thursday - 4:40 - 5:30 p.m. (TIAOCTTHUFS4:40)		10/01/20 - 10/29/20 4:40 PM-5:30 PM Offered: <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	\$15.00 Trough Ice Arena/Ice	Add to Cart View More Details >
Group Edges - Thursday - 5:40 - 6:10 p.m. (TIAOCTTHUGE)		10/01/20 - 10/29/20 5:40 PM-6:10 PM Offered: <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	\$15.00 Trough Ice Arena/Ice	Add to Cart View More Details >

7. Click on the circle for the skater(s) you are registering and then click "Save."

Select Participants

Freestyle Session: Freestyle Ice - Wednesday - 3:40 - 4:30 p.m.

Please check the box next to all of the family members below that you would like to register for this activity.

Vicki Allen

Bobby Allen

CANCEL SAVE

8. *Click on the square for the sessions you want to attend and click "Save."

Select Events

Freestyle Session: Public Freestyle Ice Gamma Level & Higher - Thursday - 12:00 - 1:30 p.m. (TIAPFSThu12:00)

Select one or more events for **Vicki Allen**

Note: Only events that take place at least 0 hour(s) from now and start no more than 120 day(s) from now are available for pre-registration.

<input type="checkbox"/>	Thursday, October 01, 2020 12:00 PM - 1:30 PM	Troubh Ice Arena/Ice
<input type="checkbox"/>	Thursday, October 08, 2020 12:00 PM - 1:30 PM	Troubh Ice Arena/Ice
<input type="checkbox"/>	Thursday, October 15, 2020 12:00 PM - 1:30 PM	Troubh Ice Arena/Ice
<input type="checkbox"/>	Thursday, October 22, 2020 12:00 PM - 1:30 PM	Troubh Ice Arena/Ice
<input type="checkbox"/>	Thursday, October 29, 2020 12:00 PM - 1:30 PM	Troubh Ice Arena/Ice

CANCEL SAVE

*After hitting save you may continue to scroll and select sessions on other days until you are done.

9. When you have finished, scroll to the top of the page and click on "Cart" and then "View Cart" to confirm your classes.

The screenshot shows the website's navigation bar with 'Home', 'Catalog', and 'Facilities' links. The current time is 4:44:37 PM EDT. A shopping cart icon shows 'Cart (2) \$30.00' and a 'Checkout' button. A search bar is present with the text 'Search a keyword'. Below it are filter options for 'Family Members' and 'Program Groups'. The main content area displays 'RESULTS (Viewing 1-9 of 9)' for 'Ice Skating'. A shopping cart overlay is shown on the right, listing the following items:

Item Name	Quantity	Price
Freestyle Session: Freestyle Ice - Thursday - 2:40 - 3:30 p.m. (TIAOCTTHUFS2:40)		
- Vicki Allen	2 @	\$15.00
Subtotal:		\$30.00

Below the cart items is a 'Checkout \$30.00' button and two buttons: 'View Cart' (highlighted with a red arrow) and 'Empty Cart'.

10. Once you have confirmed your classes, click on "Continue to Checkout", or if you have registered for the wrong class. Click "Remove."

The screenshot shows the 'Shopping Cart' page with the following table:

Program	Individual	Fee	Action
Freestyle Session: Freestyle Ice - Thursday - 2:40 - 3:30 p.m. (TIAOCTTHUFS2:40); 10/1/2020 2:40 PM - 3:30 PM	Vicki Allen	\$15.00	Edit Remove
Freestyle Session: Freestyle Ice - Thursday - 2:40 - 3:30 p.m. (TIAOCTTHUFS2:40); 10/29/2020 2:40 PM - 3:30 PM	Vicki Allen	\$15.00	Edit Remove
Item Total		\$30.00	
Total Due		\$30.00	

Below the table are two buttons: 'Continue Registering' and 'Continue to Checkout' (highlighted with a red arrow).

12. From this screen, please check the "I Agree" statements; sign your name under Electronic Signature and click "Continue."

PORTLAND
PARKS, RECREATION
& FACILITIES

1 POLICIES & AGREEMENTS 2 Review & Payment 3 Checkout

Policies & Agreements

Please read the following policies and agreements carefully. By agreeing electronically, you acknowledge that you have both read and understood all text presented to you as part of the registration process.

I agree to the **Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19** ([View](#))

I agree to the **Ice Cancellation Policy** ([View](#))

I agree to the **Legal Statement** ([View](#))

By entering my name below, I assert that I have reviewed and agree to all of the policies and agreements I have selected above.

Electronic Signature *

Cancel Continue

From here follow the instructions for payment information and check out!
FMI: vla@portlandmaine.gov or 207-808-5491.

TROUBH ICE ARENA • FREESTYLE ICE PROCEDURES

(Includes Public Freestyle and specialty classes, i.e. Edges, Conditioning, Program Practice, etc.)

\$15.00/ SESSION

Updated 10.29.2020

1. Online registration is now **MANDATORY** for all public freestyle and freestyle ice sessions. To register for sessions, please click on this link: [Freestyle Ice & Specialty Classes](#) If you need help registering, please call 207-808-5491.
2. Skaters must be pre-registered at least 10 minutes **BEFORE** the session start time and 24 hours in advance for specialty classes, i.e. Spin Class, Figures Class, etc.
3. **ONLY sessions canceled 5 hours PRIOR to session start time are eligible to receive a credit or refund. To cancel, please email vla@portlandmaine.gov or 207-808-5491.**
4. Skaters are **required** to wear a face covering. During skating activities, face coverings are encouraged but not required. Before taking the ice, please place your face covering with your belongings. Should you need to use the restroom, please wear your facemask. *Shields alone are not an acceptable barrier unless combined with a face covering per the CDC.*
5. 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.
6. If you are outside waiting in line, you must observe the 6 feet rule and wear your mask.
7. Plan to arrive at the rink **no more than 10 minutes before your scheduled program**. This allows staff to limit the number of people allowed in the arena. As a safety precaution, we are keeping our doors locked and appreciate your prompt arrival.
8. Skaters are to be dropped off/picked up outside the rink. There will be **no** spectators allowed in the arena. Very young children can be briefly accompanied by **one** adult for assistance prior to and immediately following their session.
9. Please be prompt for your session(s) as Trough Ice Arena will be controlling access to the building.
10. **Should a skater sign up for more than one session, please return to your bench seat with your personal belongings in between each session.**
11. Skaters must exit the building within 10 minutes after their session has concluded.
12. Upon your arrival, entrance to the building will be through the front doors. We will have markings around the building to help with the flow of customers.
13. Upon your departure, you will exit past the bleachers and through the side doors. Again, there will be clear markings around the building to help with the flow of customers.
14. Skaters should come prepared to take the ice. All personal items must be left in your vehicle.
15. We will designate the first row of bleachers along with chairs properly distanced to allow people to put skates on and leave belongings in their skate bag while they are on the ice. Areas will be clearly marked 6 feet apart where skaters can put on/take off skates and leave their water bottles. Boldly label your water bottle with your name. We are not allowing the consumption of food at this time.
16. **Only** cell phones for the personal use of music will be allowed on the dasher boards and must be kept a minimum of 1 foot apart from your neighbor's possessions.
17. **Leave valuables and personal items at home, as we will no longer maintain a Lost and Found. Any items left behind will be disposed of.**
18. Locker room restrooms may be used prior to going on the ice. A maximum of 2 skaters per bathroom at a time will be allowed.
19. Number of skaters allowed on the ice /session: **20**
20. Any warm-ups must be done before entering the building.
21. Tissues must properly be disposed of. If you do not observe this rule, you will be asked to leave the facility.
22. Gatherings in the lobby and/or bathrooms are **NOT** allowed. There will be no socializing in the building.
23. **SKATE SHARPENING WILL BE DONE BY APPOINTMENT ONLY.**
24. **All skaters and coaches must sign the TIA Daily Covid Health Check questions before you enter our facility each day. The link is on the calendar or CLICK on the link below. [TIA DAILY COVID HEALTH CHECK](#)**

Patrons Who Violate these Guidelines Will Be Asked to Leave Trough Ice Arena

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.

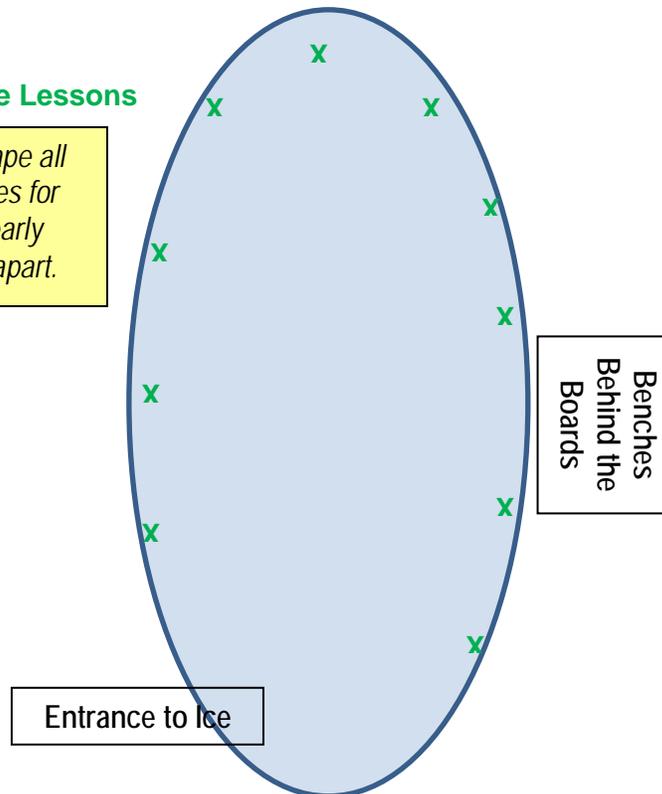
No refund will be given for session(s) not skated or if skater is asked to leave the building for not following procedures.

TROUBH ICE ARENA • PRIVATE LESSON PROCEDURES

1. Coaches must wear a face covering during all private lessons.
Shields alone are not an acceptable barrier unless combined with a face covering per the CDC.
2. **Coaches must remain in the clearly marked assigned areas on the ice or they may choose to remain behind the boards.**
3. Coaches may **briefly** step away from the boards to demonstrate a move and then immediately return to the boards.
4. In the case of a fall, coaches will not help skaters up **unless** the skater is unable to stand on their own.
5. Coaches will not skate alongside any student during private lessons.
6. Coaches must return to their bench seat with their personal belongings in between each session.

X Marked Areas for Private Lessons

Please note the green tape all along the boards. Spaces for private lessons are clearly marked at least 6 feet apart.



Troubh Ice Arena Is Taking the Following Steps to Keep Skaters Safe

- With CDC-approved disinfectant, and no less than hourly, we are cleaning and sanitizing high touch equipment and fixtures that need to be frequently disinfected: restrooms, locker rooms, player benches, penalty boxes, dasher board rail tops and frequently used equipment between each user group.
- Please use the hand sanitizers provided at our rink and wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, after blowing your nose, or coughing or sneezing.
- We are staggering arrival times for programs to minimize customer contact in the lobbies/common areas.
- Clear signage and marks on the floors will direct patrons where to walk and to designate six feet distances.
- TIA staff is receiving specific training in COVID-19 protocol.
- TIA will be controlling access to the rink.
- TIA requires staff to wear face coverings, practice social distancing and to frequently sanitize their hands.
Shields alone are not an acceptable barrier unless combined with a face covering per the CDC.

It is the responsibility of each facility staff member, skating director and instructor/coach to enforce policies and procedures intended to keep all participants safe.