

Troubh Ice Arena (TIA) Adult Group Skating Lessons • 16 Years Old and Older

ISI Skating Basic Skills Skating Levels - Beginner • Pre-Alpha • Alpha • Beta • Gamma / Delta • Freestyle 1 - 10

Beginning with half-rotation jumps and basic spins all the way up to triple jumps and flying spins, students learn complex elements in a group setting. The class curriculum is presented in a positive manner. In general, each class consists of 25 minutes of instruction and 25 minutes of practice. Students are rewarded with a certificate upon completion of the session. As students test and pass each ISI level, they are rewarded with an ISI patch.

ISI Group Lesson Practice Ice (GLPI)

DESCRIPTION: GLPI is a great time to practice what you are learning in class and/or schedule a private lesson.

ISI GLPI Prerequisites: Skaters are ***6 years and older and *ISI Gamma / USFS Basic 6 level or higher**

(The \$15.00 early registration discount does NOT apply to ISI GLPI.)

If accompanied by your coach at all times, skaters who do not meet the ISI GLPI Skating Level Prerequisites are welcome to schedule private lessons on ISI GLPI.

Group Lesson Registration Protocols

Class Registration: **Pre-registration is mandatory.** Students MUST be pre-registered for all group lessons. Walk-ons are NOT allowed.

Early Registration Discount: Register for group lessons no later than midnight the day BEFORE the session begins and receive a **\$15.00 DISCOUNT!**

Registration Deadline: After the first class, we do not accept new registrations.

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 or you will receive a credit on your account in the amount of the class canceled.

Drop-in Classes: Drop-in classes are NOT allowed on ISI lesson ice.

Make-up Classes: Make-up classes are not available. *Fees are NOT prorated should a class be missed.*

Skate Rentals: Complimentary rental skates are available in a wide variety of sizes and **are included** with your group lessons.

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.

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 thick winter hat.

We strongly encourage beginner level students to wear a protective helmet (bike helmets are acceptable.)

Skating Level: When uncertain of skating level, register as a **Beginner**. Class instructors will evaluate and place in appropriate class.

Skate Aides: For safety purposes, skate aides are **NOT** allowed.

Class Observation: Guests are welcome to observe lessons from the bleachers or in the lobby located on the first floor.

Troubh Ice Arena Parking

Troubh Ice Arena is located in the Portland Sports Complex at 225 Park Avenue and parking is **free**, and on a first come-first served basis. We share parking with other facilities, including the Expo and Hadlock Field. In the case of an event, blue cones reserve a limited number of spaces for our patrons and additional parking is available in the back lot behind the arena. In the case where parking lot attendants are present, please alert them to the fact that you are attending group lessons at TIA.

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Class Name & Levels	Day of Week	Session Dates	Class Times	Resident Fee	Non-Resident
Early Spring 4-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Sundays	3-Apr - 24-Apr	3:10 PM - 4:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Sundays	3-Apr - 24-Apr	4:10 PM - 5:00 PM 5:10 PM - 6:00 PM	\$60.00	
Delta / Freestyle 1 - 10	Sundays	3-Apr - 24-Apr	6:10 PM - 7:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	5-Apr - 26-Apr	6:00 PM - 6:50 PM	\$60.00	
Late Spring 5-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Wednesdays	4-May - 1-Jun	5:10 PM - 6:00 PM	\$85.00	\$90.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Wednesdays	4-May - 1-Jun	6:10 PM - 7:00 PM	\$75.00	
Delta / Freestyle 1 - 10	Wednesdays	4-May - 1-Jun	7:10 PM - 8:00 PM	\$85.00	\$90.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	3-May - 31-May	6:00 PM - 6:50 PM	\$75.00	
Early Summer 4-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Wednesdays	8-Jun - 29-Jun	5:10 PM - 6:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Wednesdays	8-Jun - 29-Jun	6:10 PM - 7:00 PM	\$60.00	
Delta / Freestyle 1 - 10	Wednesdays	8-Jun - 29-Jun	7:10 PM - 8:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	7-Jun - 28-Jun	6:00 PM - 6:50 PM	\$60.00	
Summer 4-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Wednesdays	13-Jul - 3-Aug	5:10 PM - 6:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Wednesdays	13-Jul - 3-Aug	6:10 PM - 7:00 PM	\$60.00	
Delta / Freestyle 1 - 10	Wednesdays	13-Jul - 3-Aug	7:10 PM - 8:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	12-Jul - 2-Aug	6:00 PM - 6:50 PM	\$60.00	
Late Summer 4-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Tuesdays	10-Aug - 31-Aug	5:10 PM - 6:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	10-Aug - 31-Aug	6:10 PM - 7:00 PM	\$60.00	
Delta / Freestyle 1 - 10	Tuesdays	10-Aug - 31-Aug	7:10 PM - 8:00 PM	\$71.00	\$75.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Wednesdays	9-Aug - 30-Aug	6:00 PM - 6:50 PM	\$60.00	

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

When a class is full, you will see this:

Program Full

We Accept:



ISI Adult Group Lesson Schedule

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Class Name & Levels	Day of Week	Session Dates	Class Times	Resident Fee	Non-Resident
Early Fall 7-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Sundays	11-Sep - 23-Oct	3:10 PM - 4:00 PM	\$113.00	\$120.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Sundays	11-Sep - 23-Oct	4:10 PM - 5:00 PM	\$105.00	
Delta / Freestyle 1 - 10	Sundays	11-Sep - 23-Oct	5:10 PM - 6:00 PM	\$113.00	\$120.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Saturdays	10-Sep - 22-Oct	11:50 AM - 12:30 PM 12:40 PM - 1:20 PM	\$105.00	
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	13-Sep - 25-Oct	6:00 PM - 6:50 PM		
Late Fall 6-Week Session					
Basic Skills - Beginner/Pe-Alpha/Alpha/Beta/Gamma	Sundays	10-Oct - 4-Dec	3:10 PM - 4:00 PM	\$99.00	\$105.00
ISI GLPI - Gamma Level & Higher • 6+ years old	Sundays	10-Oct - 4-Dec	4:10 PM - 5:00 PM	\$90.00	
Delta / Freestyle 1 - 10	Sundays	10-Oct - 4-Dec	5:10 PM - 6:00 PM	\$99.00	\$105.00
ISI GLPI - Gamma Level & Higher • 6+ years old <i>(No class on Saturday, November 26th.)</i>	Saturdays	29-Oct - 10-Dec	11:50 AM - 12:30 PM 12:40 PM - 1:20 PM	\$90.00	
ISI GLPI - Gamma Level & Higher • 6+ years old	Tuesdays	1-Nov - 6-Dec	6:00 PM - 6:50 PM		

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