

# ISI Youth & Adult Hockey Skills Group Lessons

Students are a minimum age of 6 years old.

TIA has developed a highly acclaimed hockey skating skills program customized for the needs of all hockey skaters. Class emphasis is on core strength, speed, agility, form, flow and power production. We welcome those who want to enjoy a game of pond hockey as well as those whose aspirations may include a spot on the roster of a major NHL team! In general, each weekly class consists of a 10-minute warm-up and a 30-minute lesson.

**CLASS PREREQUISITES:** Students are 6 years old and older on or before the first day of class, have completed a Beginner Level Basic Skills class or can skate forward and **BACKWARD**. **Hockey skates, sticks, and helmets with a facemask are MANDATORY.**

## 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, Trough 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.

**Hockey skates, sticks, and helmets with a facemask are MANDATORY.**

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

**Class Observation:** Parents and/or guests are welcome to observe lessons from the bleachers or in the lobby located on the first floor.

## Trough Ice Arena Parking

Trough 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.

# ISI Hockey Skills Group Lesson Levels

Students are above the age of 6 years old on or before the first day of class.

**Hockey skates, sticks, and helmets with a facemask are MANDATORY.**

## • Hockey Skills for the Beginner

**Prerequisites:** Beginner Level Hockey student has **completed** a Basic Skills Beginner Session **OR** is able to skate forward **AND** backward (*rudimentary level*).

**Class Curriculum:** Beginner students are introduced to proper stick handling (no pucks).

## • Hockey Skills Level 1

**Prerequisites:** Student has completed Beginner Hockey Skills Class or has played one season in an organized hockey league or program.

**Class Curriculum:** Students are introduced to balance, flow, agility, inside/outside edges and more.

## • Hockey Skills Level 2

**Prerequisites:** Student has completed a Level I Hockey Skills Class and/or is able to execute forward crossovers in **both** directions.

**Class Curriculum:** Students become more efficient skating backward and are introduced to back-crossovers and complex turns.

## • Hockey Skills Level 3

**Prerequisites:** This class is for **advanced students only**.

**Class Curriculum:** Class curriculum is at the discretion of the instructor.



## Hockey Skills Group Lesson Schedule

Tots are between the ages of 4 – 5 years old on or before the first day of class.

Class Name & Levels	Day of Week	Session Dates	Class Times	Resident Fee	Non-Resident
<b>Late Spring 4-Week Session</b>					
Hockey Skills • Beginner & Level 1 – Level 3	Mondays	2-May - 23-May	5:00 PM - 5:50 PM	\$71.00	\$75.00
<b>Early Summer 4-Week Session</b>					
Hockey Skills • Beginner & Level 1 – Level 3	Mondays	6-Jun - 27-Jun	4:30 PM - 5:00 PM	\$71.00	\$75.00
<b>Summer 4-Week Session</b>					
Hockey Skills • Beginner & Level 1 – Level 3	Mondays	11-Jul - 1-Aug	4:30 PM - 5:00 PM	\$71.00	\$75.00
<b>Late Summer 4-Week Session</b>					
Hockey Skills • Beginner & Level 1 – Level 3	Mondays	8-Aug - 29-Aug	4:30 PM - 5:00 PM	\$71.00	\$75.00
<b>Early Fall 7-Week Session</b>					
Advanced <b>ONLY</b> Hockey Skills • Level 2 – Level 3	Wednesdays	7-Sep - 28-Oct	10:10 AM - 10:40 AM	\$71.00	\$75.00
Hockey Skills • Beginner & Level 1 – Level 3	Saturdays	10-Sep - 22-Oct	4:30 PM - 5:00 PM	\$71.00	\$75.00
<b>Late Fall 6-Week Session</b>					
Hockey Skills • Beginner & Level 1 – Level 3	Saturdays	29-Oct - 10-Dec	10:10 AM - 10:40 AM	\$81.00	\$85.00

No Class on November 26<sup>th</sup>.

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

When a class is full, you will see this:

Program Full

We Accept:

