

ISI Tots Fun!damentals Group Skating Lessons • 4 - 5 Years Old

ISI Tot Levels - Beginner - Level 4

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. **Tot are 4-5 years old on the first day of class.** *Protective helmets are **MANDATORY** (bike helmets are acceptable.)*

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.

*Protective helmets are **MANDATORY** (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: 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.

Tots Fundamentals Levels

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

• TOT Fundamentals 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 Fundamentals 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 Fundamentals 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 Fundamentals 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.



Tots Fundamentals 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
Early Spring 4-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Tuesdays	5-Apr - 26-Apr	4:30 PM - 5:00 PM	\$59.00	\$63.00
Late Spring 5-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Tuesdays	3-May - 31-May	4:30 PM - 5:00 PM	\$70.00	\$75.00
Early Summer 4-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Tuesdays	7-Jun - 28-Jun	4:30 PM - 5:00 PM	\$59.00	\$63.00
Summer 4-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Tuesdays	12-Jul - 2-Aug	4:30 PM - 5:00 PM	\$59.00	\$63.00
Late Summer 4-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Tuesdays	9-Aug - 30-Aug	4:30 PM - 5:00 PM	\$59.00	\$63.00
Early Fall 7-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Saturdays	10-Sep - 22-Oct	10:10 AM - 10:40 AM	\$92.00	\$99.00
	Tuesdays	13-Sep - 25-Oct	4:30 PM - 5:00 PM	\$92.00	\$99.00
Late Fall 6-Week Session					
Tot Fundamentals • Beginner Level 1 – Level 4	Saturdays	29-Oct - 10-Dec	10:10 AM - 10:40 AM	\$81.00	\$85.00
	Tuesdays	1-Nov - 6-Dec	4:30 PM - 5:00 PM	\$81.00	\$85.00

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

When a class is full, you will see this:



We Accept:

