

Before registering for group skating lessons, please familiarize yourself with Trough Ice Arena's Covid-19 Group Lesson Eligibility Requirements & Protocols.

William B. Trough Ice Arena Group Lesson Eligibility Requirements & Protocols (Updated 03.01.2001)

Group Lesson Eligibility Requirements

To stay in compliance with the "6-Foot Rule and "No Touch Rule," students must meet the following requirements:

- 1) Student is *6+ Years Old
- 2) Student has completed a beginner class or has on-ice experience.

In the fall we are hopeful to, again, offer group lessons to skaters of all abilities and ages from 4+ years old and up.

Maine CDC "6-Foot Rule" and Trough Ice Arena's Covid-19 "No Touch Rule"

Per the Maine CDC, unless you reside in the same household, always maintain a 6-foot distance from each.

For the health and safety of our skaters, instructors and staff, TIA has implemented a "No Touch Rule."

Staff and instructors will ONLY assist skaters who are unable to rise unassisted, due to injury.

For this reason, skaters must have some on-ice skating experience.

No touching unless an emergency occurs.

Maine CDC Maximum Building Capacity - 50 Occupants

Per the Maine CDC our maximum building occupancy capacity is 50. This includes staff and instructors.

At this time, family, friends and spectators are NOT allowed in the arena.

Young children may be briefly accompanied by one adult for assistance prior to and immediately following their lesson.

Please follow the arrows to the exit door when departing.

TIA Group Lesson Protocols

1. 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.
2. Students are **required** to wear a face-covering **at all times**, including during on-ice group lessons.
Per the CDC, shields alone are not an acceptable barrier unless combined with a face covering.
3. Please arrive at the rink **no more than 10 minutes before your scheduled lesson**. As a safety precaution, TIA is controlling access to the building and as such, we appreciate your prompt arrival for lessons. This allows staff to limit the number of people allowed in the arena. If waiting in line outside, you must wear your mask and observe the 6 feet rule.
4. Skaters are to be dropped off/picked up outside the rink and should come prepared to take the ice. Upon your arrival, entrance to the building is through the front doors and once in the lobby, down the stairs to the left. *Please look for the arrows.*
Young children may be briefly accompanied by one adult for assistance prior to and immediately following their lesson.
Please do not forget to fill out the TIA Covid-19 Daily Health Check for **YOU** and your child.
5. Skaters must exit the building within 10 minutes after their lesson has concluded. Upon your departure, exit past the bleachers and through the side doors. *Please look for the arrows.*
6. Restrooms may be used with a maximum of 2 skaters per restroom allowed. Socializing in the lobby and/or restrooms is **NOT** allowed.
7. **TIA does NOT maintain a Lost and Found. Any items left behind will be disposed of.** *All personal items, i.e. jewelry, wallet, etc. should be left at home.*
8. Currently, we are not allowing the consumption of food.

Protocol Violations

Violation of these protocols may result in being asked to leave our facility.

Refunds/credits will NOT be given when asked to leave the building for not following Covid-19 Protocols.

When under the age of 18, TIA will contact parent to pick skater up or give permission for skater to leave TIA on their own.

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.

Mandatory TIA Covid-19 Health Check

All who enter are required to complete the TIA Covid-19 Health Check Questionnaire **before** entering our facility.

For your convenience, the Q-code link is also posted on the doors into our rink.

Covid-19 Daily Health Check





225 Park Avenue • Portland • Maine • 04103 • www.troubhicearean.com

“Our mission is to provide skaters of all ages, abilities and interests with quality instruction in a warm and friendly environment.”

Troubh Ice Arena (TIA) Group Hockey Skills Lessons

Troubh Ice Arena has been offering group lessons for over 37 years. Since its inception, it has been one of our most popular and successful programs. With over 100 years of combined experience, TIA skating instructors are certified ISI or USFS professionals and/or qualified amateur figure skaters who absolutely love teaching this sport to skaters of all ages and skating abilities!

Over time, TIA has developed a highly acclaimed hockey skating skills program that is customized for the needs of all hockey skaters. The emphasis in our classes is on core strength, speed, agility, form, flow and power production. Students are carefully divided by age group and matching motor skills. Instructors identify areas needing definition and improvement and customize every class to the needs of participants. Emphasis on stride development, turning skills, crossovers both directions and advanced backward skating technique ensures that the student will bring stronger skating to his or her game. We welcome those who want to enjoy a game of pond hockey on a cold winter day as well as those whose aspirations may include a spot on the roster of a major NHL team!

For more information on private skating lessons, please email: via@portlandmaine.gov

Ice Sports Industry (ISI) Youth & Adult Hockey Skills Group Lesson Program

ISI created America’s original learn-to-skate program and has introduced more than 10 million individuals to the wonderful world of ice skating!



The ISI Skating Program was developed more than 50 years ago and has become the program of choice for successful coaches and skating schools wishing to increase participation and improve skater retention while keeping skating fun! It is based on consistent and well-defined levels of achievement that have proven to guide a skater from basic beginner maneuvers through significantly more advanced and even competitive skill sets. It has literally taught millions of people how to skate and skate well. Students are introduced to attainable skills and are constantly evaluated and tested at appropriate intervals.

“It has been, and will continue to be, the policy of the Ice Sports Industry (ISI) to promote equal opportunity for all members in its leadership and educational programs, endorsed events and other activities sponsored by the ISI. The objective of ISI is to encourage participation in recreational ice sports without regard to race, color, religion, sex, national origin, age, disability, ancestry, sexual orientation, gender identity and expression or veteran status.”

Group Lesson Registration Policies

- **Preregister: Preregistration is mandatory.**
- **Drop-in Classes:** Drop-in classes are NOT allowed on ISI lesson ice.
- **Full Refund:** Full refunds/credits are given with a 48-hour notice of first lesson in the session.
- **Partial Refund:** With less than a 48-hour notice of first lesson in the session, you may choose a full credit to be used at a later date or a partial refund, minus \$20.00 of total amount paid, unless accompanied with a doctor’s note.
- **No Refund:** No refunds/credits are given after the second class, unless accompanied with a doctor’s note.

Group Lesson Make-up Class Policy

- **Make-up Classes:** Make-up classes are not available.

Skates / Rental Skates / Sharpening

Complimentary Rental Hockey Skates Are Included With Group Lessons

Did you know that having your skates professionally sharpened makes it much easier for skaters to learn new techniques? If you own your own skates, TIA staff is happy to evaluate your skates and sharpen as needed. Please contact our office to schedule an appointment: rallen@portlandmaine.gov / 207-828-5492

Parking at Troubh Ice Arena

Troubh Ice Arena is located at the Portland Sports Complex on 225 Park Avenue. Parking is free, and on a first-come, first-served basis. We share our spaces with nearby facilities, including the Expo and Hadlock Field. Blue cones reserve a limited number of spaces for our patrons. Additional parking is available behind the arena.

Youth & Adult ISI Hockey Skills Group Lessons

Beginner Level – Advanced Level 3 Hockey Skills Classes
HOCKEY SKATES, STICK AND HELMET WITH A FACEMASK ARE REQUIRED.

Early Summer Session

ISI Levels	Day	Session Dates	Times	Res Fees	Non-Res Fees
Beginner Hockey Skills Level 1 Hockey Skills	Mondays	Jun 7, 14, 21, 28 Jul 12, 19 <i>No class on Mon, Jul 5th</i>	5:15-6:05 p.m.	\$ 93.00	\$ 99.00
Advanced Level 2 Hockey Skills Advanced Level 3 Hockey Skills			6:25-7:15 p.m.		

Late Summer Session

Beginner Hockey Skills Level 1 Hockey Skills	Tue	Jul 26 Aug 2, 9, 16, 23	5:15-6:05 p.m.	\$ 80.00	\$ 85.00
Advanced Level 2 Hockey Skills Advanced Level 3 Hockey Skills			6:25-7:15 p.m.		

Beginner Level – Advanced Level 3 Hockey Skills Class Prerequisites & Curriculum

HOCKEY STICK AND HELMET WITH A FACEMASK ARE REQUIRED.

Hockey Skills for the Beginner Hockey Player (Ages 6 and older)

Skaters who have NO skating experience or can NOT skate backwards are NOT eligible for this class.

Beginner Hockey Skills are for those who have NO HOCKEY SKATING experience. If you are interested in learning how to play hockey, this is the class for you! Classes are specifically designed for beginner level hockey skaters.

CLASS PREREQUISITES FOR BEGINNERS:

1. Skater is pre-registered for this session and is 6 + years old on or before the first day of class.
2. Skater has completed and passed a beginner skating level class or has participated in a hockey league for at least one season.
3. Skaters MUST BE ABLE TO STAND UNASSISTED, COME TO AN UNASSISTED STOP AND BE FAMILIAR WITH FORWARD AND BACKWARD MOVEMENT

BEGINNER HOCKEY SKILLS CLASS CURRICULUM: In this class, skaters will learn forward and backward stops, two-foot turns, beginner core and agility exercises. The class curriculum is presented in a positive manner. Classes are taught in groups of 6-8. Maneuvers are broken down into smaller parts so they can be easily learned and mastered. Students are constantly evaluated and tested at appropriate intervals.

Hockey Skills Level 1 (Ages 6 and older)

CLASS PREREQUISITES FOR HOCKEY SKILLS LEVEL 1:

Skater is pre-registered for this session and is 6 + years old on or before the first day of class. Skater has completed and passed a Beginner Level Hockey Skills class or is familiar with forward and backward skating stops and 2-foot turns.

LEVEL 1 HOCKEY SKILLS CLASS CURRICULUM:

Classes are specifically designed for Level 1 hockey skaters. In this class, students will learn forward and backward stride development, forward crossovers, turns, core agility and power exercises. The class curriculum is presented in a positive manner. Classes are taught in groups of 6-8. Maneuvers are broken down into smaller parts so they can be easily learned and mastered. As students progress through levels, more complex skills are introduced. Students are constantly evaluated and tested at appropriate intervals.

Advanced Hockey Skills Level 2 (Ages 6 and older)

CLASS PREREQUISITES FOR ADVANCED HOCKEY SKILLS LEVEL 2:

Skater is pre-registered for this session and is 6 + years old on or before the first day of class. Skater has completed and passed a Level 1 Hockey Skills skating level class or is familiar with forward and backward strides, forward crossovers, hockey stops and 2-foot turns.

LEVEL 2 ADVANCED HOCKEY SKILLS CLASS CURRICULUM:

In this class, students will learn backward crossovers, advanced turns and a bilateral mastery of all elements. They will also continue working on their advanced core and leg agility skills. The class curriculum is presented in a positive manner. Classes are taught in groups of 6-8. Maneuvers are broken down into smaller parts so they can be easily learned and mastered. As students progress through levels, more complex skills are introduced. Students are constantly evaluated and tested at appropriate intervals.

Advanced Hockey Skills Level 3

CLASS PREREQUISITES FOR ADVANCED HOCKEY SKILLS LEVEL 3:

This class is for advanced hockey skills ONLY. Skater is pre-registered for this session and has completed and passed an Advanced Level 2 Hockey Skills class or is comfortable and skilled with their forward and backward strides, forward crossovers, hockey stops and 2-foot turns.

ADVANCED LEVEL 3 HOCKEY SKILLS CLASS CURRICULUM:

Instructors take an individual assessment of existing skills and student will work with instructor to decide on which skills they wish to focus on and improve. They will continue to strengthen their already high-level agility, core, power and edge training abilities. As each students' existing hockey skills improve, more complex skills will be introduced.

How to Register for ISI Group Lessons

Click here and follow directions below. Please pay particular attention to **Step 12: [Register for Group Skating Lessons](#)**

Step 1. Creating Your Account.

If you already have an account with us, please sign into your account and skip to **Step 8**.

If you forgot your Username, please click on "Forgot Username" or email: via@portlandmaine.gov

If you forgot your password, please click on "Forgot Password", and follow instructions.

Click on Create an Account

Create an Account

Step 2.

Fill in requested house old information.

Look for CP Recreation Dept, (City of Portland Recreation Department), Do NOT click on General Info.

DO click on all other General Info buttons until red.

At the bottom of the page, click on "Create."

Email Preferences

The organization(s) below would like to email you general information about their programs and offerings. To opt-out please click the **General Info** buttons until they turn red.

As the primary contact for your family, you can not unsubscribe from receiving receipts and other important alerts. These buttons cannot be unchecked.

Bedrock Recreation
Privacy Policy ✓ Receipts ✓ Alerts ✗ General Info

Bedrock School District
Privacy Policy ✓ Receipts ✓ Alerts ✗ General Info

CP Recreation Dept
Privacy Policy ✓ Receipts ✓ Alerts ✓ General Info

Create

Step 3.

Please read "Privacy Policy" and click on "Accept" and "Finish."

Accept Decline

Cancel Finish

Step 4.

Click on "Switch to a Different Community" and then click on "Portland, City of."

Switch to a Different Community

Switch to a Different Community

Capturepoint

Portland, City of

Step 5.

You are now on the City of Portland Recreation Department's Programs Page. Click on "View Account" to add family members to your household.

If you are an adult and do not need to add family members to your account, please skip to **Step 8**.

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

Step 6.

Click on "Add Adult" or "Add Child" to add additional family members to your account.

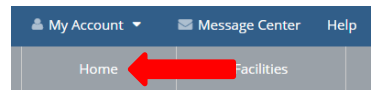
Individual Information Add Adult Add Child

Action	Name	Type	Status
Edit	New Student2U	Adult	Active

Step 7.

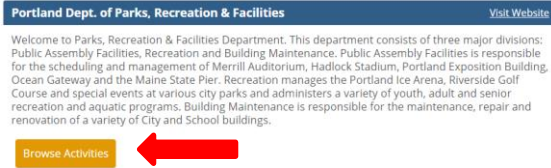
Fill in all requested information. Continue clicking on “Add Child” or “Add Adult” until all family members have been added.

When finished, at the top of the page, click on “Home.”



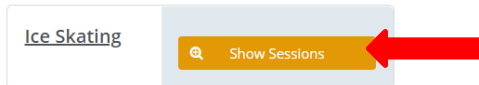
Step 8.

You are now ready to register for group lessons. Click on “Browse Activities” and follow the red arrows.

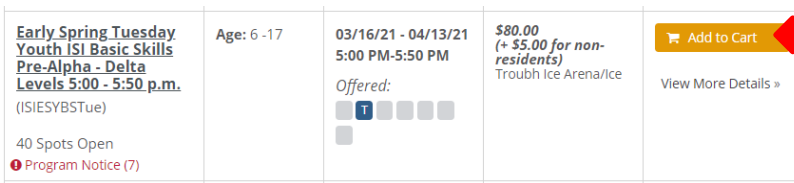


Step 9.

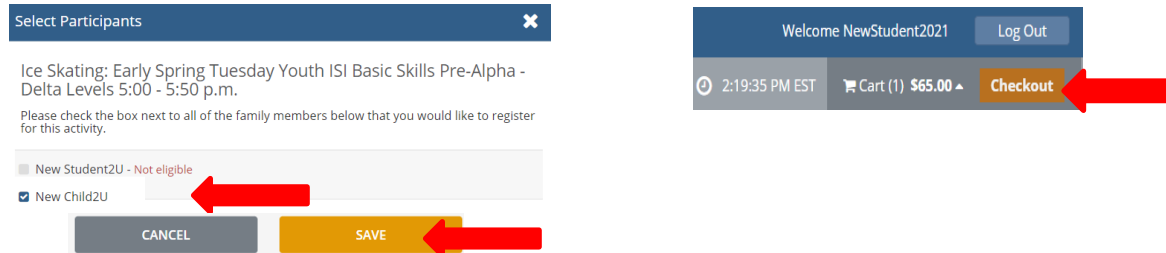
Under Ice Skating, click on “Show Sessions” and scroll to the group lesson you want to register for.



Step 10.



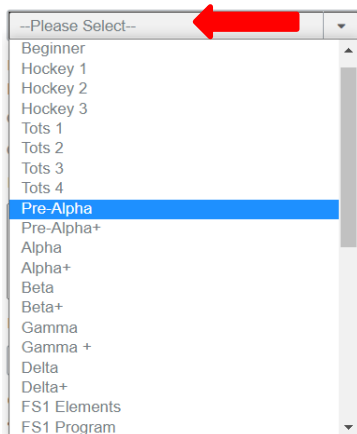
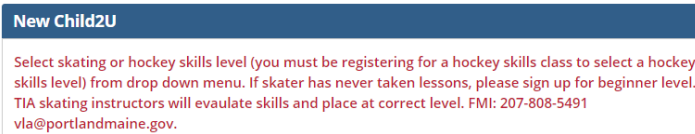
Step 11.



Repeat this process until you have added all classes that you wish to register for and at the top of the page, click on “Checkout.”

Step 12.

This is one of the most important steps in the registration process. This step ensures that you are enrolled in the correct skating level.



After choosing correct skating level, fill out requested information, sign and click on “Continue.”

Step 13.

Please be sure to click on "View" before you click on "Agree" and read each statement you are agreeing to.

1 Registration Forms 2 POLICIES & AGREEMENTS 3 Review & Payment 4 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 **Corona Virus/Covid19 TIA Ice Use Policy** ([View](#))
- I agree to the **Legal Statement** ([View](#))
- I agree to the **TIA Participant Emergency Medical Release** ([View](#))
- I agree to the **TIA PHOTOGRAPHY and/or VIDEO RELEASE** ([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 *

New Student2U

Cancel Continue

Step 14.

Select payment method (Credit Card or E-Check)

Select Payment Method

Credit Card

e-Check

Cancel Continue

Step 15.

Fill out payment information and click on "Complete Transaction." An email confirmation will be automatically emailed to you.

Thank you for choosing Trough Ice Arena!