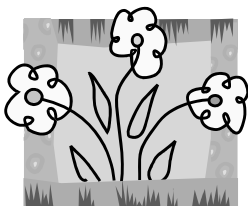


# Portland Parks and Recreation PORTLAND ICE ARENA

AND  
THE ICE SKATING INSTITUTE present . . .

SUMMER 2009

GROUP LESSON PROGRAM  
Basic Skills, Freestyle,  
Hockey Skating Skills



Our program welcomes all ages from 4 years to adult. All levels of skating are taught, from tots to advanced. Basic skills instruction enables students to pursue interests in figure skating, hockey, recreational or speedskating. Each weekly session generally consists of a 25 minute lesson and a 25 minute practice. (**Exception:** Tots age 4 and 5 are taught in a 30 minute format.) Students interested in hockey may join our hockey skating skills class.

**Instructors are all experienced professionals or qualified amateur ice skaters.**

Lesson time is allocated on a **first come-first served basis**. Group lessons are extremely popular and classes fill rapidly. **Please observe registration deadlines.** Refer to this brochure for valuable information pertaining to the program as well as class dates and times.

**Lynda Hathaway ~ Director of Skating**  
**Sharon Ingalls ~ Program Director**

225 Park Ave., Portland, ME 04102 (207) 774-8553  
www.portlandicearena.com

*Rental skates are available at no charge during lesson time.*

*Skate sharpening is available — please come early for this service.*

## ABOUT OUR BASIC SKILLS and FREESTYLE/ADVANCED PROGRAM

**All skaters should arrive for class 15 minutes before scheduled lesson time. Parents must sit in stands and observe class without distraction to instructors and children — please do not attempt to coach your child.**

“Tots” are 4 and 5 years old and are taught in appropriate groupings for 30 minutes. Director may move a ‘tot’ to other ice time based on ability. Tots should be dressed warmly and wear gloves and a helmet or thick hat. Skaters **MUST** be 4 on or before the first class.

“Introductory” are those 6 yrs. and older who have not received prior instruction, regardless of ability. Instructor will evaluate student and place at CORRECT level.

“Pre-Alpha - Delta” are badge levels designated by Ice Skating Institute and are strictly adhered to in our system. Skaters are constantly evaluated and tested at appropriate intervals. Skaters receive a patch and certificate of recognition for each level attained. Once the Delta level is passed, students may participate in a group Freestyle class.

“Hockey Skating Skills” — Skaters are introduced to balance, flow, agility, speed, and correct technique.

INTRODUCTION WILL INCLUDE STICK HANDLING - NO PUCKS

**Requirements:** 6 yrs. or older on or before first class.

**HOCKEY SKAATES, STICKS and HELMETS with FACEMASK are required!!!!**

*Beginners are those skaters who are unable to execute forward crossovers and/or higher skills.*

*Students with no skating experience must enroll in Wednesday intro program.*

“Freestyle 1 - 10” are badge levels designated by ISI and are strictly adhered to in our system. Skaters are constantly evaluated during the session and tested at appropriate levels. ISI membership is required of ALL Freestyle/Advanced students. All freestyle tests will then be registered with ISI and patches will be awarded upon completion of each level. **Skaters may not solo in PIA Ice Show or attend ISI competitions without membership and up to date test registration.**

“Adults” are those 16 years and older and are encouraged to enroll in our Sunday afternoon/evening classes. **Adult Dance available - Gamma & higher levels.**

*Open Freestyle sessions are available during the summer. Refer to current summer figure skating brochure for available times. Must be ISI Gamma level or higher or equivalent.*

**“ISI Group Lesson Open Freestyle Practice”**

**These sessions are offered Fall through Spring sessions only.**

Offered to any participant **currently enrolled at Gamma level or higher.** A good time to practice and/or receive a private lesson.

Clip & Save

# CLASS SCHEDULE

**NOTE:** Any session not enrolled to capacity may be opened to other levels or cancelled.

**Monday — 11 weeks - HOCKEY SKATING SKILLS**  
June 15, 22, 29, July 6, 13, 20, 27, Aug. 3, 10, 17, 24

\*Hockey Skating Skills - BEGINNER (6 yrs. & older) 6:10 - 6:50 pm  
Hockey Skating Skills - ADVANCED 7:00 - 7:50 pm

**ADULTS WELCOME**

\*Requirements: 6 yrs. older on or before first class. **HOCKEY SKATES, STICKS, HELMETS with FACEMASK REQUIRED!**

**Wednesday — 9 weeks**  
June 17, 24, July 1, 8, 15, 22, 29, Aug. 5, 12

Tots — 4 & 5 yrs. 3:00 - 3:30 pm  
Intro or Pre-Alpha (circle one) - (6 & older) 3:30 - 4:20 pm  
Alpha, Beta, Gamma 3:30 - 4:20 pm  
Delta, All Freestyle levels 4:30 - 5:20 pm

**ADULTS ONLY !!! -**  
**Wednesday — 9 weeks**  
June 17, 24, July 1, 8, 15, 22, 29, Aug. 5, 12

Pre-Alpha, Alpha, Beta, Gamma 5:20 - 6:10 pm  
Delta, All Freestyle 6:20 - 7:10 pm

\*Dance offered during summer figure skate sessions - see below

Summer Figure Skate Sessions

*Open to Gamma level and higher. Large blocks of time reserved for individual practice, private lessons, etc. - **Adults welcome.***

Monday - Tuesday - Thursday - Friday afternoons  
Ask for brochure in Arena office, call for more information, or go to Figure Skate webpage on this site.

## 2009 SUMMER REGISTRATION FORM - RETURN WITH PAYMENT

**ONE FORM PER REGISTRANT, PLEASE**

NAME: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (HOME): \_\_\_\_\_ (E-MAIL): \_\_\_\_\_

AGE: \_\_\_\_ BIRTHDATE: \_\_\_\_\_ MALE/FEMALE: \_\_\_\_\_

I am registering for \_\_\_\_\_ on \_\_\_\_\_  
class level day

Note: Periodically students likeness may be used for lesson/ice arena promotional purposes.



**CASH OR CHECK PAYABLE TO : Portland Ice Arena**  
**Registration DEADLINE Until Classes Are FULL OR June 12**  
**SORRY - NO CREDIT OR DEBIT CARDS**  
**- NO REFUNDS AFTER DEADLINE -**  
**CREDITS WILL BE HANDLED ON AN INDIVIDUAL BASIS.**  
**\$5 DISCOUNT AVAILABLE FOR EACH ADDITIONAL FAMILY MEMBER.**

Check (✓) Class day and circle class(es) you are registering for

	Resident/	Non Resident
<input type="checkbox"/> Mon. — Hockey Skating Skills (Beginner/Advanc)	\$116.00	\$128.00
<input type="checkbox"/> Wed. — Tots (4 & 5 yrs.) _____	\$68.00	\$78.00
<input type="checkbox"/> Wed. — Intro or Pre-Alpha (circle one) - (6 & up)	\$95.00	\$105.00
<input type="checkbox"/> Wed. — Alpha, Beta, Gamma _____	\$95.00	\$105.00
<input type="checkbox"/> Wed. — Delta, All Freestyle ____ (level) _____	\$105.00	\$115.00
<input type="checkbox"/> Wed. Adults — Pre-Alpha, Alpha, Beta, Gamma —	\$95.00	\$105.00
<input type="checkbox"/> Wed. Adults — Delta, Freestyle ____ (level) —	\$105.00	\$115.00

**TOTAL AMOUNT ENCLOSED**

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