

PORTLAND ICE ARENA

AND
THE ICE SKATING INSTITUTE present . . .

Spring 2010



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**” — (Students with no ice skating experience must enroll in basic skills.) Skaters are introduced to balance, flow, agility, speed, and correct technique.

ADVANCED defined: Able to execute forward crossovers and higher skills.

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

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

INTRODUCTION WILL INCLUDE STICK HANDLING - NO PUCKS.

“**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. Forms are available in the business office. All freestyle tests will then be registered with ISI and patches will be awarded upon completion of each level. National membership is \$10.00; family rates available. **Skaters may not solo in PIA Ice Show or attend ISI competitions without membership and up to date test registration.**

“**ISI Open Freestyle Practice**” — Offered to any participant **currently enrolled at Gamma level or higher.** A good time to practice and/or receive a private lesson. Offered Fall through Spring sessions.

We encourage pre-registration for all freestyle sessions, which will be limited to 22 skaters. Additional skaters may be allowed at the discretion of the Skating Director.

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

“**Thursday Early Afternoon Skating Classes**” — Classes are offered for 4 yrs. and older. Adults welcome. A popular addition to our learn-to-skate schedule! Great for HomeSchoolers!

Clip & Save

CLASS SCHEDULE

Tuesday — 4 weeks
March 9, 16, 23, 30

****Change in Gamma class time**

| | |
|---|----------------|
| Tots — 4 & 5 yrs. | 3:50 - 4:20 pm |
| Intro or Pre-Alpha - (6 & older) | 4:20 - 5:10 pm |
| Alpha, Beta | 4:20 - 5:10 pm |
| Gamma, Delta, FS 1, 2, 3, 4 elements | 5:20 - 6:10 pm |
| *Open Freestyle PRACTICE (gamma & higher) | 6:20 - 7:00 pm |
| Freestyle 4 program & Up | 7:10 - 8:00 pm |

Saturday — 4 weeks - ****Note time change for Alpha & higher**
March 6, 13, 20, 27

| | |
|---|------------------|
| Hockey Skating Skills - ALL LEVELS | 9:30 - 10:10 am |
| Tots — 4 & 5 yrs. | 10:10 - 10:40 am |
| Intro or Pre-Alpha - (6 & older) | 10:50 - 11:40 am |
| Change in Time | |
| **Alpha, Beta, Gamma | 11:50 - 12:40 am |
| *Open Freestyle PRACTICE (gamma & higher) | 12:50 - 1:30 pm |
| **Delta, All Freestyle levels | 1:40 - 2:30 pm |

ADULTS ONLY !!!
SUNDAY — 4 weeks
March 7, 14, 21, 28

| | |
|---|----------------|
| Pre-Alpha, Alpha, Beta, Gamma | 3:10 - 4:00 pm |
| Delta, Freestyle 1, Freestyle 2 | 4:00 - 4:50 pm |
| *Adult Open Freestyle Practice (gamma & up) | 5:00 - 5:40 pm |
| Freestyle 3 & up <i>and/or</i> Dance | 5:40 - 6:30 pm |

Thursday — 6 weeks
March 11, 18, 25, April. 1, 8, 15

| | |
|------------------------|-------------------------|
| Tots — 4 & 5 yrs. | **1:30 - 2:00 pm |
| 6 & Older (all levels) | **1:30 - 2:30 pm |

**** A good time for Home Schoolers**
ADULTS WELCOME

*A good time for a private lesson - see General Info

2010 SPRING REGISTRATION FORM - RETURN WITH PAYMENT

ONE FORM PER REGISTRANT, PLEASE

NAME: _____ M/F _____

PARENT OR GUARDIAN: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (home): _____ AGE: _____ BIRTHDATE: _____

E-mail: _____

Have/Have Not taken lessons previously _____
place/level

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 Mar. 5
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

| | Port. Res/Non Res. | |
|---|--------------------|---------|
| <input type="checkbox"/> Tue. — Tots (4 & 5 yrs.) _____ | \$30.00 | \$35.00 |
| <input type="checkbox"/> Tue. — Intro or Pre-Alpha (circle one) - (6 & up) — | \$42.00 | \$47.00 |
| <input type="checkbox"/> Tue. — Alpha, Beta, Gamma _____ | \$42.00 | \$47.00 |
| <input type="checkbox"/> Tue. — Delta, Freestyle _____ (level) _____ | \$47.00 | \$52.00 |
| <input type="checkbox"/> Tue. — Open FS PRACTICE (gamma & higher) — | \$34.00 | \$39.00 |
| <input type="checkbox"/> Thur. — Tots (4 & 5 yrs.) _____ | \$45.00 | \$52.00 |
| <input type="checkbox"/> Thur. — 6 & older _____ | \$63.00 | \$70.00 |
| <input type="checkbox"/> Sat. — Hockey Skating Skills (Intro/Beginner) — | \$42.00 | \$47.00 |
| <input type="checkbox"/> Sat. — Tots (4 & 5 yrs.) _____ | \$30.00 | \$35.00 |
| <input type="checkbox"/> Sat. — Intro or Pre-Alpha (circle one) - (6 & up) — | \$42.00 | \$47.00 |
| <input type="checkbox"/> Sat. — Alpha, Beta, Gamma _____ | \$42.00 | \$47.00 |
| <input type="checkbox"/> Sat. — Delta, Freestyle _____ (level) _____ | \$47.00 | \$52.00 |
| <input type="checkbox"/> Sat. — Open FS PRACTICE (gamma & higher) — | \$34.00 | \$39.00 |
| <input type="checkbox"/> Sun. Adults — Pre-Alpha, Alpha, Beta, Gamma — | \$42.00 | \$47.00 |
| <input type="checkbox"/> Sun. Adults — Delta, Freestyle _____ (level), Dance— | \$47.00 | \$52.00 |
| <input type="checkbox"/> Sun. Adults — Open FS PRACTICE (gamma & up) | \$34.00 | \$39.00 |

TOTAL AMOUNT DUE
