

Prerequisites Vary

FIGURE SKATING SKILLS



JULY 6TH - AUGUST 22ND



ADVANCED SKILLS TRAINING

30 MIN CLASSES UNLESS NOTED OTHERWISE

MONDAYS

ON-ICE IJS SPINS
5:45pm

SKATING SKILLS
6:20pm

WEDNESDAYS

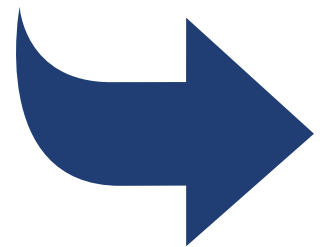
OFF-ICE ROTATIONS
5:45pm

THURSDAYS

OPEN, DOUBLE, TRIPLE
JUMPS

6:15pm

SUMMER 2026
Schedule on back



SSTA

WHERE CHAMPIONS ARE MADE

SNOQUALMIE STARS TRAINING ACADEMY

SSTA
ON/OFF ICE TRAINING
Tuesday 6:00pm-7:35pm

**SNO-KING
ICE ARENAS**

SNOQUALMIE
35323 SE DOUGLAS ST SNOQUALMIE



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www.SnoKingIceArenas.com

SUMMER 2026

**SNO-KING
ICE ARENAS**

Where Dedication Meets Opportunity

CLASS SCHEDULE

MONDAY & WEDNESDAY

- 9:00 am: Off Ice Athlete Development - LOW
- 9:15 am: On Ice Tech Lab - HIGH
- 9:45 am: On Ice Tech Lab - LOW
- 9:50 am: Off Ice Athlete Development - HIGH
- 5:45 pm: MON - On Ice IJS Spins - HIGH
- 6:20 pm: MON - On Ice Skill Class - OPEN
- 5:45 pm: WED - Off Ice Rotations - OPEN

TUESDAY & THURSDAY

- 9:15 am: On Ice Academy Circuit Class - OPEN (1 hr)
- 12:45 pm: Off Ice Athlete Development - OPEN
- 6:00 pm: TUE - SSTA On Ice (Off Ice @ 7:05 pm) - OPEN
- 6:15 pm : THU - Open Jumps/Double Jumps/ Triple Jumps
 - Jump classes are 3 individual registrations per class level

FRIDAY

- 9:30 am: Coaches Choice "Wild Card" Class - OPEN
- 12:45 pm: Off Ice Athlete Development- OPEN

SATURDAY

- 11:00 am - Exhibition/Competition Simulation-OPEN

LIMITED OPENINGS & WEEKLY SELECTION PROCESS

Participants will be selected each week by Thursday

SNOQUALMIE SUMMER INTENSIVE

NEW CLASSES

TECH LAB

Builds strong fundamentals for competitive skaters through focused training in edges, turns, jumps, and spins, with rotating coaches reinforcing technique and consistency in a structured setting .

ACADEMY CIRCUIT

A structured station-based class where skaters rotate through focused drills for jumps, spins, and skating skills, with progressions adapted to support all training levels.

COACHES CHOICE

"Wild Card"

A rotating on-ice class where coaches select the focus of the day —jumps, spins, skills, choreography, artistry, or show elements—creating a fun and well-rounded training experience

ATHLETE DEVELOPMENT

A dynamic off-ice training class focused on jump technique, strength, coordination, agility, and overall athletic movement

LEVEL REQUIREMENTS

- HIGH: Championship Track Pre-Juvenile - Senior
- LOW: Pre-Academy/Aspire 1 - Championship Track Preliminary
- OPEN/COMBINED Pre-Academy/Aspire 1 & Up (Academy Circuit is split by level)

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