

Prerequisites: Basic 4+

KIRKLAND'S SUMMER INTENSIVE TRAINING PROGRAM

**JULY 6TH TO
AUGUST 14TH**



ON-ICE

MONDAY/WEDNESDAY/FRIDAY

SKILLS A

8:45am-9:15am

SKILLS B

9:15am-9:45am

MONDAY ICE THEATRE

10:45am-11:15am starts

July 13th

TUESDAY & THURSDAY

POWER/SKILLS A & B

8:30am-8:45am

WEDNESDAYS SOLO DANCE

10:45am-11:15am

OFF-ICE

MONDAY/WEDNESDAY/

FRIDAY SKILLS B

8:30am-9:00am

MONDAY/WEDNESDAY/

FRIDAY SKILLS A

9:25am-10:05am

TUESDAY

SKILLS A

9:00am-9:45am

THURSDAY

SKILLS A

9:00am-9:45am

SKILLS B

10:10am-10:40am

ADULT (18+)

Adult Only Freestyle Sessions

Thursdays 10:30am or 11:00am

SUMMER EVENTS

Summer Soulful Sizzle

July 24th 2:15pm-5:15pm

**SNO-KING
ICE ARENAS**

KIRKLAND
14326 124TH AVE NE KIRKLAND



Email Inquiries: Lisa@SnoKingKirkland.com

www.SnoKingIceArenas.com

WE DEVELOP SKATERS FOR LIFE



FREESTYLE SESSIONS

- All skaters on Sno-King Kirkland Freestyle sessions are required to be a current member of US Figure Skating Basic Skills or Full Membership. Memberships can be obtained at www.kingsgateskatingclub.org
- Parents, guardians and spectators are not permitted in rinkside hockey boxes. Everyone is welcome to view from our bleachers.
- 30 minute freestyle sessions
- Prepaid discounted packages are available online
- Register online at www.snokingicearenas.com

Monday		Tuesday		Wednesday		Thursday		Friday	
6:00	Freestyle	6:00	Freestyle	6:00	Freestyle	6:00	Freestyle	6:00	Freestyle
6:30	Freestyle	6:30	Freestyle	6:30	Freestyle	6:30	Freestyle	6:30	Freestyle
7:00	Freestyle	7:00	Freestyle	7:00	Freestyle	7:00	Freestyle	7:00	Freestyle
7:30	Freestyle	7:30	Freestyle	7:30	Freestyle	7:30	Freestyle	7:30	Freestyle
8:00	Freestyle	8:00	Freestyle	8:00	Freestyle	8:00	Freestyle	8:00	Freestyle
8:30-8:45	ZAM	8:30-8:45	Power	8:30-8:45	ZAM	8:30-8:45	Power	8:30-8:45	ZAM
8:45-9:15	Skills A	8:45	Zam	8:45-9:15	Skills A	8:45	Zam	8:45-9:15	Skills A
Edges/Artistry	Edges/Artistry	9:00	Freestyle	Skills Drills	Skills Drills	9:00	Freestyle	Spins	Spins
9:15-9:45	Skills B	9:30	Freestyle	9:15-9:45	Skills B	9:30	Freestyle	9:15-9:45	Skills B
9:45	Freestyle	10:00	Freestyle	9:45	Freestyle	10:00	Freestyle	9:45	Freestyle
10:15	Freestyle	10:30	Freestyle	10:15	Freestyle	10:30	Adult Freestyle	10:15	Freestyle
10:45	Freestyle	11:00	LTS	10:45	Freestyle	11:00	Adult Freestyle	10:45	Freestyle
10:45	Ice Theatre	12:00	End	10:45	Solo Dance	11:30	End	11:15	Freestyle
11:15	Freestyle			11:15	Freestyle			11:45	End
11:45	End			11:45	End				
PM	Public	PM	Public	PM	Freestyle session	PM	Freestyle session	PM	Freestyle session
PM	Public					5:00	Bridge-Aspire		
				6:00	LTS			6:00	LTS

Monday		Tuesday		Wednesday		Thursday		Friday	
Off-Ice Jump Rotations		Pilates		Balance & Agility		Strength-Conditioning		Stretch Class	
8:30-9:00	Skills B	9:00-9:45	Skills A	8:30-9:00	Skills B	9:00-9:45	Skills A	8:30-9:00	Skills B
9:25-10:05	Skills A			9:25-10:05	Skills A	10:10-10:40	Skills B	9:25-10:05	Skills A

