

Prerequisites Vary

# FIGURE SKATING SKILLS



JULY 7 - AUGUST 22



## ADVANCED SKILLS TRAINING

30 MIN CLASSES UNLESS NOTED OTHERWISE

### MONDAYS

ON-ICE OPEN JUMPS  
5:45pm

SKATING SKILLS  
6:20pm

### TUESDAYS

OFF-ICE HP JUMPS  
6:00pm

### WEDNESDAYS

OFF-ICE JUMPS  
& ROTATIONS  
5:45pm

### THURSDAYS

IJS SPINS  
5:45pm

AXEL & DOUBLE JUMPS  
6:20pm

# SSTA

WHERE CHAMPIONS ARE MADE

SNOQUALMIE STARS TRAINING ACADEMY

### ON/OFF ICE TRAINING

Tuesday 5:20pm-7:00pm

### ADULT ACADEMY

Tuesday 6:30pm-7:30pm

### TOI SUMMER SCHOOL

Saturday 10:15am-11:15am

### MINI STARS

*On and Off-Ice*

Monday 12:15pm- 1:50pm

Wednesday 12:00pm- 1:35pm

Saturday 11:30am- 1:05pm

### SUMMER INTENSIVE PROGRAM

*Class days & times vary by skill level*

Academy Circuit Class

Art on Ice

On-Ice: Edge Class

On-Ice: Power & Agility

Off-Ice: Conditioning

Off-Ice: Rotations

**SNO-KING  
ICE ARENAS**

**SNOQUALMIE**

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[www.SnoKingIceArenas.com](http://www.SnoKingIceArenas.com)