

Prerequisites Vary

FIGURE SKATING SKILLS



SEPTEMBER 8TH - DECEMBER 5TH



ADVANCED SKILLS TRAINING

30 MIN CLASSES UNLESS NOTED OTHERWISE

MONDAYS

SKATING SKILLS
6:20pm

OFF-ICE CONDITIONING
5:45pm

TUESDAYS

HP OFF-ICE ROTATIONS
7:00pm

WEDNESDAYS

**WEDNESDAY OFF-ICE
ROTATIONS**
5:45pm

THURSDAYS

TRIPLE JUMP
5:45pm

AXEL & DOUBLE JUMPS
5:45pm

SINGLE JUMP
5:45pm

STRETCH & COOL DOWN
6:15pm

FRIDAYS

ON ICE POWER & AGILITY
4:30pm

SATURDAYS

OPEN OFF-ICE ROTATIONS
10:50am

IJS SPINS
12:00pm

SSTA

WHERE CHAMPIONS ARE MADE

SNOQUALMIE STARS TRAINING ACADEMY

SSTA (starts week of Sept 14th)

ON/OFF ICE TRAINING (open to Youth & Adults)

Tuesday 5:15pm

Saturday 9:15am

PRE-ACADEMY

OFF ICE TRAINING

Saturday 10:55am

**SNO-KING
ICE ARENAS**

SNOQUALMIE
35323 SE DOUGLAS ST SNOQUALMIE



Email Inquiries: Ashleyw@SnoKingSnoqualmie.com

www.SnoKingIceArenas.com