Prerequisites: Pre-Academy Plus

SSTA SUMMER INTENSIVE **JULY 7 - AUGUST 23**



Designed to meet the needs of our athletes as they continue to grow, Snogualmie's signature Summer Intensive offers curated classes for athletes looking to improve their skating skills. Flexible drop-in options let you skate on your schedule!

SUMMER INTENSIVE CLASS OFFERINGS

High Performance Level

On-Ice: Power & Agility Mon 10:30am

Wed 9:15am

On-Ice: Edge Class Tue 10:30am Thu 9:15am

Off-Ice: Conditioning Mon/Tue 11:05am Wed/Thu 9:50am

Advanced Level

On-Ice: Power & Agility

Mon 11:05am Wed 9:50am

On-Ice: Edge Class

Tue 11:05am Thu 9:50am

Off-Ice: Conditioning Mon/Tue 10:30am Wed/Thu 9:15am

Open Levels

See prerequisites online

On-Ice: Academy Circuit Class

Mon/Tue 11:45am Wed/Thu 10:50pm

On-Ice: Art on Ice Fri 10:45am

Off-Ice: Rotations Mon/Tue 12:15pm Wed/Thu 12:00pm

Fri 11:20am

OTHER SSTA CLASS OFFERINGS

On-Ice: Open Jumps Mon 5:45pm

On-Ice: Skating Skills Mon 6:20pm

Off-Ice: High Performance Jumps Tue 6:00pm

Adult Academy: On & Off-Ice

Tue 6:30pm

Mini Stars Training Academy - On/Off-Ice

Off-Ice: Jumps & Rotations

Wed 5:45pm

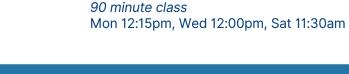
On-Ice: Axel & Double Jumps

Thu 6:20pm

On-Ice: IJS Spins Thu 5:45pm

TOI Summer School Sat 10:15am

SSTA On/Off-Ice Training 90 minute class Tue 5:20pm





WHERE CHAMPIONS ARE MADE



SUMMER INTENSIVE MEMBERSHIP \$199

Get 40% off select summer figure skating classes with our Summer Intensive Membership for \$199. Must purchase membership by June 15, 2025. Consult your coach on which group (Advanced or High Performance) is suitable for you.

Visit snokingicearenas.com/summer-membership for more information.

ADVANCED LEVEL

HIGH PERFORMANCE LEVEL

For Pre-Axel athletes with consistent Single Jumps. Must have passed the Pre-Preliminary Skating Skills test

Prerequisite: All Single Jumps, and Pre-Preliminary Skating Skills Athletes with constant Axels and Double Jumps, or a minimum of the Pre-Juvenile Skating Skills Test

Prerequisite: Axel, Double Jumps, or Pre-Juvenile Skating Skills

FAQ

- Athletes must be independent to participate. Daily schedules will be posted, and all participants are responsible to get themselves from class to class.
- There are no refunds or credits unless injury occurs.
- A doctors note must be submitted for credit in case of injury.
- Skaters must be registered for the exact level appropriate for them.
- All skaters must be in proper skating/fitness attire & hair must be pulled back, completely off their face.

SCHEDULE

Schedule subject to change. Always check online for updated schedule information.

REGISTRATION





