

**Prerequisites:
Pre-Academy Plus**

SSTA SUMMER INTENSIVE

JULY 7 - AUGUST 23

Designed to meet the needs of our athletes as they continue to grow, Snoqualmie'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

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

Mini Stars Training Academy - On/Off-Ice
90 minute class
Mon 12:15pm, Wed 12:00pm, Sat 11:30am

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



WHERE CHAMPIONS ARE MADE

LIMITED
OFFER

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

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

HIGH PERFORMANCE LEVEL

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



**SNO-KING
ICE ARENAS**

SNOQUALMIE

35323 SE DOUGLAS ST SNOQUALMIE
Ashleyw@SnoKingSnoqualmie.com



www.SnoKingIceArenas.com