# SUMMER SKATING SCHOOL

**JULY 1 - AUGUST 16** 





## **SKILLS A**

Skills A Mon/Wed/Fri 8:45am-9:15am Ice Theatre Mon 10:45am-11:15am Solo Dance Wed 10:45am-11:15am

Power Tue/Thurs 8:30am-8:45am

# **SKILLS B**

Skills B Mon/Wed/Fri 9:15am-9:45am Ice Theatre Mon 10:45am-11:15am Solo Dance Wed 10:45am-11:15am

Power Tues/Thurs 8:30am-8:45am

# OFF-ICE SKILLS

#### **SKILLS A:**

Mon, Wed & Fri 9:25am-10:05am Tues 9am-9:45am Thurs 9am-9:45am

#### **SKILLS B:**

Mon to Fri 8:30am-9am

# **ADULT (18+)**

#### **Adult Only Session:**

Thurs 10:30am-11:30am

**Adult Edge:** 

Sat 9:00am-9:30am

# SUMMER EVENTS

**Leap into Summer Camp:** June 24-27 **Summer Skating School:** July 1-Aug 16

Summer Exhibition: July 26 Afternoon Event

SNO-KING ICE ARENAS KIRKLAND

14326 124TH AVE NE KIRKLAND



### **WE DEVELOP SKATERS FOR LIFE**

#### **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
- There is to be no parent or guardian rink side in 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

### **ON-ICE & LEVELS**

### Skills A(Prerequisite Pre-Preliminary-Senior):

Must have passed Pre-Pre Skating Skills Test Advanced: Intermediate - Senior Intermediate: Preliminary - Juvenile

#### Skills B (Prerequisite Basic 5- Aspire 4)

Aspire-High: Aspire 3-4

Aspire: Aspire 1-2

Bridge: Basic 5 - Pre-Free skate

Adult (18+) Programming: All Levels

### SCHEDULE

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

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 Free- style	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	11:30 End		11:45	End
11:45	End			11:45	End				
		PM	Public	PM	Freestyles	5:15	Skills B	PM	Freestyle
PM	Public	4:45	LTHS			5:15	Bridge- Aspire	End 6:00	
				6:00	LTS			6:00	LTS

Off-Ice Schedule Monday Tuesday Wednesday Thursday Friday Off-Ice Jump Rotations Pilates **Ballet Lyrical** Strength-Conditioning Latin Dance 30-9:00 Skills B 8:30- 9:00 Skills B 8:30- 9:00 Skills B 8:30- 9:00 Skills B 3:30-9:00 Skills B 9:25-10:05 Skills A Skills A 9:25-10:05 Skills A 9:00-9:45 Skills A 9:25-10:05 Skills A

- Most Off-Ice Skills are separated by age and maturity. If registered for Skills B, you may be eligible to participate in Skills A Off-Ice.
- Hockey Camp July 8-11: M-W On-Ice sessions will end at 10:15. Theatre-Solo Dance cancelled. T-Th On-Ice session will end at 10:00. Adult sessions cancelled.
- Hockey Camp July 18: Session ends at 10:30
- During Hockey camps, all Off-Ice Skills and morning On-Ice Skills run as scheduled.



