

Prerequisites Vary



# FIGURE SKATING SKILLS



JANUARY 4TH - MARCH 29TH

## ADVANCED SKILLS TRAINING

30 MIN CLASSES UNLESS NOTED OTHERWISE

### MONDAYS

ON-ICE OPEN JUMPS  
5:45pm

EDGE CLASS  
6:20pm

### TUESDAYS

OFF-ICE HP JUMPS  
6:00pm

### WEDNESDAYS

OFF-ICE JUMPS & ROTATIONS  
5:45pm

### THURSDAYS

EDGE CLASS  
6:30am

IJS SPINS  
5:45pm

AXEL & DOUBLE JUMPS  
6:20pm

### FRIDAYS

ON ICE POWER & AGILITY  
4:30pm

OFF-ICE HP STRENGTH & CONDITIONING  
6:30pm

### SATURDAYS

OFF-ICE JUMPS & ROTATIONS  
10:50am

SKATING SKILLS  
12:00pm

# SSTA

WHERE CHAMPIONS ARE MADE

SNOQUALMIE STARS TRAINING ACADEMY

### ON/OFF ICE TRAINING

Saturday 9:15am- 10:50am  
Tuesday 5:20pm-7:00pm

### MINI STARS

Saturday 11:30pm- 12:30pm  
On and Off-Ice

### ADULT ACADEMY

Tuesday 6:30pm-7:30pm  
Saturday 11:30am- 12:30pm

**SNO-KING  
ICE ARENAS**

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