



Welcome to Advance Development Program at Olympicview Arena

The time is almost here, on Tuesday April 12th we move our FS skaters over to our Olympic view training center in Mountlake Terrace. The last Wednesday FS class will be on April 6th and our last Saturday class will be on April 9th.

The class will be a 6-week series running from April 12th through May 17th. If you have not yet registered you may do so at [https://www.seattleskatingclub.net/learn-to-ice-skate.html#/,](https://www.seattleskatingclub.net/learn-to-ice-skate.html#/) Click on “Register”, then choose “ADP at OVA Tuesday: April 12-May 17” option.

For skaters, who have already registered for Wednesday Series starting April 13 & who are in our Saturday series started March 26, please read separate email sent to you.

Due to the way that we purchase the ice, **ADVANCED REGISTRATION IN ESSENTIAL**, we may not be able to take any registrations on the day, just walking in. Upon arrival at the arena, you must check in with the ice monitor EVERY WEEK. They will have the list of the skaters authorized to skate on the session.

Skaters need to have their own skates to participate. Rental skates will not be available at OVA. Please put your skates on at ice level, we do not want skaters “booting up” in the lobby. If you enter arena with your skates on make sure you are wearing guards. Skates without guards are prohibited in the lobby of Olympicview Arena.

The format of the class is as follows:

- 4:15 Arrive at OVA
- 4:30 to 5:00 practice ice
- 5:00 to 5:30 on ice instruction. (The skaters will be split into two groups with two coaches, one coach will spend the first 15 minutes working on edges which are the basis of everything you do on the ice while the other coach will work on jumps and spins. After 15 minutes the coaches will swap classes and repeat the syllabus. That way all the skaters will get full coverage every week)
- 5:30 ice session ends
- 5:35/40 all skaters must be in the ballet room for their 30 minute off-ice class. Please make sure you are wearing appropriate clothing (Strictly No Jeans) and running shoes. In addition to other skating related work out, you will be warming up & stretching.

We are excited to see how the skaters will progress once we get them into a different environment at our training center. If you have any questions, please do not hesitate to reach out to:

- Sanju (any administration or Operations related questions) – sscltsadm@gmail.com
- Steve (any skating related questions) - sscltsdirector@yahoo.com