



## Welcome to Advance Development Program (ADP) at Olympicview Arena

Seattle Skating Club offers Advanced Development Program (ADP) on Tuesdays for skaters who have finished Basic Skill 6 level in LTS and wish to further their skating journey. We run ADP at our training center, Olympicview Arena, in Mountlake Terrace.

- **The format of the class is as follows:**
  - 4:15 Arrive at OVA, put skates on at ice level
  - 4:30 to 5:00 independent practice ice
  - 5:00 to 5:30 on ice instruction
  - 5:30 ice session ends
  - 5:35/40 all skaters must be in the ballet room for their 30 minute off-ice class
  
- **Special Instructions for ADP participants:**
  - Skaters will need their own skates
  - Please dress in layers, no bulky jackets
  - No hoodies
  - Make sure to tie hairs back
  - Bring mat & sneakers for off ice class

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](mailto:sscltsadm@gmail.com)
- Steve (any skating related questions) - [sscltsdirector@yahoo.com](mailto:sscltsdirector@yahoo.com)