



Welcome and Congratulations for joining in our Saturday morning Beginner Roller Skating Classes!!!

BEGINNER SKATING CLASSES

You have taken the first step towards becoming a better Roller Skater, and participating in a sport that is not only great for kids, friends and family, but is a lot of fun. Whether or not you have skated before or this is your first time, this is the perfect environment for you to learn basic and advanced skating skills.

ABOUT THE COACH...

Signing up for classes at the Lynnwood Bowl and Skate, has allowed you a special opportunity to be coached and instructed by a National Champion Coach with World Championship experience!!! The coach, Ezra Thompson, has been coaching beginner classes for over 20 years, and has taught thousands of kids and adults how to roller skate. He is also the coach for the Eagles, a competitive figure skating club here at the Lynnwood Bowl and Skate.

ABOUT THE CLASSES...

The Classes have been divided up into 2 levels:

Level 1 - 11:00am to 11:30am - Practice for level 1 will be @ 11:30am

Level 2 - 11:30am to 12:00pm - Practice for level 2 will be @ 11:00am

Please arrive at least 15 min early for class as we do start promptly on time

This is a 4 week(30min) class program, that will begin on the first available Saturday of each month. There will be no refunds.

Level 1 is for the first time skaters who have had little or no experience skating at all. This class is also great for adults who haven't skated in years and would like to get back into it again. In Level 1, you will be learning some basic skating techniques and getting important knowledge as to how your body and skates interact with each other. Some of the things you will learn in Level 1 include getting up and down, T-position, moving forward, stopping, finding your balance, maneuvering, balancing, and even scissors and some backward skating.

Level 2 is for the more experienced skaters who have skated a lot before or the ones who have taken the Level 1 class and feel confident that they are ready for Level 2. In Level 2, you will be learning some more advanced techniques including circular and straight away cross-over's forward and backward, speed stopping, shoot the duck, backward scissors, Mohawk turns, even some turning and jumping. Most of the skaters who finish Level 1 usually continue on to Level 2.

⇒Please try and arrive about 15 minutes before the class starts so that you can get you can get your skates on and be ready to start on time. If you arrive late, just get your skates on quickly and join us on the floor.

⇒It is suggested, but not required, that you use quads instead of rollerblades for the classes. It is much easier to learn all skills on quads, and transfer over to rollerblades later if that is what you want, but some of the things we learn in class can be difficult to learn on rollerblades, so please use quads for the class although all types of skates are welcome.

⇒Safety gear is not required to participate in either of the levels, but you are welcome to wear safety gear if you would prefer to. If you choose to wear safety gear, please make sure that any padding or helmets you use fit properly and are in working condition, as it can often be less helpful to wear gear if it doesn't fit properly. Again, this is not a requirement for the class. Used safety gear is available at skate counter if needed.

⇒It is suggested that you try and skate at least once between each class as this will give you the opportunity to practice the skills you learn in class, and will help you improve quicker.

⇒If you join Level 1 and feel that it is too easy, we can move you into Level 2 at no additional cost to finish out your monthly class. This will be at the coaches authority.

For those who can't make Saturday's classes, we will also continue to offer a walk-in option for beginners on Sundays from 11am to 12pm. This will be geared towards beginners only and doesn't require pre-registration.

Please visit Lynnwood Bowl and Skate website for all public skating information or for private bookings or Birthday Parties at **WWW.BOWLANDSKATE.COM**