

SUN	MON	TUE	WED	THU	FRI	SAT
ROLLA KIDS (6-11 yrs) 12-week program 10 - 11 AM		2183 West 45th Ave, in Kerrisdale . . . Rental Skates Included!				INTRO to Rollerskating 10 - 11 AM
ROLLA TEENS (12-17 yrs) 12-week program 11 AM - 12 PM	FALL 2019 					ROLLA (All Levels) 11:15 - 12:15 PM
Rolla Dance 12:30 - 1:30 PM			ROLLA (All Levels) 1 - 2 PM			Rolla Workout 12:30 - 1:30 PM
			OPEN SKATE (No Instruction) 2 - 4 PM			Rollerskating 101 1:30 - 3:00PM [6-week course]
<b>SPECIAL EVENTS!</b> <b>PRIVATE PARTIES!</b> <b>Contact us to Book</b>	<b>Pre-registration required!</b> Full schedule: <a href="http://www.rollaskateclub.com/classes">www.rollaskateclub.com/classes</a> To book your first class: <a href="mailto:hello@rollaskateclub.com">hello@rollaskateclub.com</a>		ROLLA KIDS (6-11 yrs) 12-week program 4 - 5 PM			<b>SPECIAL EVENTS!</b> <b>PRIVATE PARTIES!</b> <b>Contact us to Book</b>
			ROLLA TEENS (12-17 yrs) 12-week program 5 - 6 PM			
	ROLLA (All Levels) 6:15 - 7:15 PM	INTRO to Roller-Skating 6:15 - 7:15 PM	ROLLA (All Levels) 6:15 - 7:15 PM	ROLLA (All Levels) 6:15 - 7:15 PM		
	ROLLA WORKOUT 7:15 - 8:15 PM	RollerDerby Boot Camp 7:15 - 8:45 PM [12-week course]	READY 2 ROLLA 7:30-8:30	ROLLA WORKOUT 7:15 - 8:15	ROLLA (All Levels) 7:15 - 8:15 PM	
			DERBY SKILLS CLUB 8:30 - 9:30 PM	OPEN SKATE (No Instruction) 8:15 - 9:45 PM		
				<b>SPECIAL EVENTS!</b> <b>PRIVATE PARTIES!</b> <b>Contact us to Book</b>		

## **INTRO TO ROLLERSKATING** *Start Rolling With Confidence*

We cover all the basics in a small group setting so you can get rolling (and stopping!) safely. Class fee includes rollerskate and protective gear rental, or you're welcome to bring your own.



## **ROLLA WORKOUT** *Get fit and have some f\*cking fun!*

Our signature on-skates fitness class is inspired by the kick-ass sport of women's roller derby but is tailored for all rollerskating skill levels. You'll leave this class feeling strong, powerful, and ready to Roll Deep.

*\*Must be able to rollerskate forwards, turn around, and stop confidently*



## **DERBY SKILLS CLUB** *Be Bold + Hold Your Ground.*

One hot hour of Rolla Derby skills! Blocking, jamming, teamwork, footwork, game play - always something different to work on, for different skating abilities and contact levels, to keep everyone safe and having fun.

*\*\* We recommend either previous roller derby experience, or attending at least 4 Rolla Workout sessions before attending this class.*



## **ROLLA (ALL LEVELS)** *Build Your Skills*

Come get your Rolla on! This fun and friendly class will teach you rollerskating skills, tricks, and even some dance moves. This all-levels class is constantly changing, so there's always a new challenge! Good vibes, guaranteed.

## **READY TO ROLLA** *Off-Skate Strength & Balance*

Designed to help skaters of all levels to build the strength needed to feel more confident on wheels! This is *\*not\** a cardio/conditioning class - you'll work hard and break a sweat, but it's low-impact. Challenges provided for any fitness / skating level. Bring athletic shoes & yoga mat!

## **ROLLERSKATING 101** *Six week Progressive workshop*

Go from zero to rollerskating hero! All in a safe and supportive adult environment. For cruising, roller dance or roller derby - this class will give you all the fundamentals you need to get you started on your eight wheeled journey! No experience necessary. *Next Session Starts Sep 21 - pre-registration essential.*

*Most classes are open to anyone age 14+; Rolla Workout and Derby Skills Club are for women and non-binary folks age 14+ [check out [www.rollaskateclub.com](http://www.rollaskateclub.com) for kids and teens programs!]*