

SUN	MON	TUE	WED	THU	FRI	SAT	
ROLLA KIDS (6-11 yrs) 12-week program 10 - 11 AM	 					INTRO to Rollerskating 10 - 11 AM	
ROLLA TEENS (12-17 yrs) 12-week program 11 AM - 12 PM						ROLLA (All Levels) 11:15 - 12:15 PM	
Rolla Dance 12:30 - 1:30 PM			ROLLA (All Levels) 1 - 2 PM	<p style="text-align: center;">FALL 2019 weekly schedule</p> <p style="text-align: center;">Pre-registration required</p> <p style="text-align: center;">Rollerskate Rentals Included</p> <p style="text-align: center;">2183 West 45th Ave Vancouver (Kerrisdale)</p> <p style="text-align: center;">Full schedule: www.rollaskateclub.com/classes To book your first class: hello@rollaskateclub.com</p>			Rolla Workout 12:30 - 1:30 PM
		OPEN SKATE (No Instruction) 2 - 4 PM	Rollerskating 101 1:30 - 3:00PM [6-week course]				
		ROLLA KIDS (6-11 yrs) 12-week program 4 - 5 PM					
		ROLLA KIDS + TEENS (6-17 yrs) 12-week program 5 - 6 PM					
SPECIAL EVENTS! PRIVATE PARTIES! Contact us to Book	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 Basics 6:15 - 7:15 PM	SPECIAL EVENTS! PRIVATE PARTIES! Contact us to Book	SPECIAL EVENTS! PRIVATE PARTIES! Contact us to Book	
	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 (Intermediate) 7:15 - 8:15 PM
			DERBY SKILLS CLUB 8:30 - 9:30 PM	OPEN SKATE (No Instruction) 8:15 - 9:45 PM			

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+, except Derby Skills Club (19+) Rolla Workout and Derby Skills Club are for women and non-binary skaters [check out www.rollaskateclub.com for kids and teens programs!]