

## LESSON TIMETABLE – TERM ONE

- No bookings or commitment required.
- Knee pads and wrist guards are compulsory in ALL classes.
- Helmets and mouth guards are highly recommended.
- QR Code MUST be scanned upon entry and shown to staff.
- Skates included in class price / BYO Safety Gear
- Strictly NO admittance after class start time.
- Please arrive 15 minutes prior to class start time.
- Discount passes available for purchase.
- Preschool Class is 30 min class / 30 mins free time.
- Must pass levels to proceed to next class.

### MONDAY

4:30 - 5:45PM	LEARN TO SKATE + BEGINNER BLADE L1/L2	\$25
6:00 - 7:00PM	INTERMEDIATE SPEED (MIXED AGES)	\$22
7:00	ADVANCED SPEED	

### WEDNESDAY

9:30 - 10:30AM	ADULTS SKILLS AND FITNESS	\$20
10:30 - 11:30AM	PRESCHOOLERS LEARN TO SKATE*	\$15
4:30 - 5:30PM	LEARN TO SKATE + BEGINNER BLADE L1/L2	\$25
5:30 - 6:30PM	BEGINNER SPEED L3	\$22
6:30 - 7:30PM	INTERMEDIATE SPEED (JUNIOR) L4	\$22
7:30 - 8:30PM	INTERMEDIATE SPEED (SENIOR) L4	\$22

### FRIDAY

9:30 - 10:30AM	ADULTS SKILLS AND FITNESS	\$20
10:30 - 11:30AM	PRESCHOOLERS LEARN TO SKATE*	\$15

### SATURDAY

8:00 - 9:00AM	ADULT SPEED	\$22
9:30 - 10:30AM	LEARN TO SKATE	\$25

#### CLASS DESCRIPTIONS:

- Learn to Skate** - skates & blades - great for beginners who want to learn all the basics of skating.
- Beginner Blade (Level 1)** - blades only - learn all the basics of rollerblading and progress through the levels.
- Beginner Blade (Level 2)** - blades only - where you'll learn technical stops, crossovers, backwards skating and get a taste for speed skating!
- Beginner Speed (Level 3)** - blades only - welcome to the first level of our speed skating classes.
- Adults General Skills & Fitness** - skates & blades - adults only (16yrs +) suitable for beginners through to advanced skaters.
- Preschoolers Learn to Skate** - skates & blades - a fun filled 30 minute lesson with 30 minutes free time too!

