

# SUMMER LESSON PROGRAM

## "CHILDREN' LESSONS"

### 5 SATURDAYS, JUNE 7- JULY 12, 2014

## Roller Garden

5622 West Lake St., St. Louis Park, 55416

952-922-RINK OR 952-929-5518

(NO CLASS 6/14/14)



CERTIFIED INSTRUCTORS

**FIVE SESSIONS - \$30.00**

**(PAID ON OR BEFORE THE 1ST LESSON)**

### "BEGINNER TO INTERMEDIATE"

9:00 - 10:00 SATURDAY

1/2 HOUR LESSON & 1/2 HOUR PRACTICE

**(STAR 1 & STAR 2 LEVELS)**

- 1 Basics in Skating
- 2 Beginning Backwards
- 3 Shoot the Duck
- 4 2 Foot Jumps
- 5 Spirals
- 6 Spins
- 7 Races
- 8 Limbo
- 9 Cross In Fronts/Behind
- 10 Precision Skating



### "ADVANCED - BEGINNER FREESTYLE"

9:00 - 10:00 SATURDAY

1/2 HOUR LESSON & 1/2 HOUR PRACTICE

**( STAR 3 & 4 STAR FREESTYLE)**

- 1 Backward Stroking
- 2 Back to Front Turns
- 3 Races
- 4 Bunny Hop
- 5 Waltz Jump
- 6 Complete a "3" turn
- 7 Figure Circles
- 8 Precision Team Skating

