

WHAT I NEED TO GET STARTED?

When learning to roller skate, a positive attitude and a willingness to learn are your most important tools.

Rental skates are perfectly fine for beginners, but if you plan to buy your own, be sure to ask the staff for guidance—they have the experience to help you make the right choice. Helmets and pads are optional but can add extra confidence for new skaters.

WHAT ARE THE BENEFITS OF DOING THE ADULT CLASS TIME?

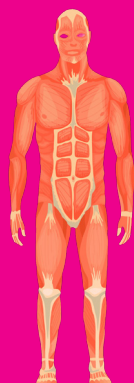
You won't have to navigate through crowds of kids on skate aids, and you can focus on your own progress without distractions. Sometimes, it's nice to give your children their own time to shine—allowing them to feel fully supported and celebrated during their skating sessions. This way, you can dedicate time for yourself without taking away from their moment, and vice versa.

WHAT ARE THE BENEFITS TO ROLLER SKATING?

Roller Skating has health benefits and is great for Socializing.

Health Benefits of Roller Skating:

- **30 Minutes** of roller skating produces a heart rate of at least **148 BPM**.
- **1 Hour** of roller skating can burn up to **600 Calories**.
- Causes **50% Less Stress to Joints** than running.
- Roller Skating works most muscle groups including: **Glutes, Quads, Abs, Calves and Arms**.



Social Benefits of Roller Skating:

- Great way to make new friends.
- A good way to meet your future spouse.
- Learn skating skills from other skaters and share a common passion.

HOW TO GET STARTED?

Visit us at www.skatenfunzone.com and click **Learn How to Skate**, then click on **Adult Classes**. From there you can choose to purchase a pass which will be redeemable everytime you visit on **Thursday at 7PM**. Please check on our calendar or website to ensure there are classes being held on the Thursday you are attending. You can also **register by using the QR Code below**.

Purchase Passes



View Schedule



WANT ONE ON ONE TRAINING?

Visit us at www.skatenfunzone.com to learn more about private lessons.

WHAT'S INCLUDED WITH CLASS?

***10% OFF** all regular priced SNFZ Pro Shop Items.

***Skate Rental is included.**

***Public Skating Session subsequent to classes included with the class.**



ADULT CLASSES

For Ages 18 & Older
THURSDAYS 7-7:30PM

Skate Rental & Session 7:30-10PM Included



Skater's Name

7878 Sudley Rd. Manassas, VA 20109 | (703) 361-7465
www.skatenfunzone.com

MERIT Class Goals

You must complete the Merit Class before advancing. Repetition may be required.

<input checked="" type="checkbox"/>	Thu 7PM - 7:30PM	Instructor Initial & Date
<input type="checkbox"/>	How to Get Up	
<input type="checkbox"/>	Basic Balance (Toes Straight Ahead)	
<input type="checkbox"/>	Marching	
<input type="checkbox"/>	Two Foot Glide	
<input type="checkbox"/>	Stopping	
<input type="checkbox"/>	Scissors	

ADULT STEP 1 Class Goals

<input checked="" type="checkbox"/>	Thu 7PM - 7:30PM	Instructor Initial & Date
<input type="checkbox"/>	Week 2: Forward Slalom	
<input type="checkbox"/>	Week 2: One Foot Balance	
<input type="checkbox"/>	Week 3: Backward Scissors	
<input type="checkbox"/>	Week 3:- Backward Toe Stop	

☐ Week 4: Review & Take ADULT STEP 1 Test

After Completion of Adult Step 1 Class, you **MAY BE ELIGIBLE** for the Adult Step 1 Test. See Instructors on how you can take

this test to receive your Adult Step Step 1 Certificate.

ADULT STEP 2 Class Goals

<input checked="" type="checkbox"/>	Thu 6:30PM - 7PM	Instructor Initial & Date
<input type="checkbox"/>	Week 1: Forward Stroking	
<input type="checkbox"/>	Week 1: Forward Outside & Inside Edges	
<input type="checkbox"/>	Week 1 & 2: Forward Crossovers	
<input type="checkbox"/>	Week 1: T-Start/T-Stop	
<input type="checkbox"/>	Week 2: Cross In Fronts	
<input type="checkbox"/>	Week 2: Backward Scissors and 2ft Parallel Roll	
<input type="checkbox"/>	Week 3: Two Foot Squat	
<input type="checkbox"/>	Week 3: C-Turns	

☐ Week 4: Review & Take ADULT STEP 2 Test

After Completion of ADULT STEP 2, you **MAY BE ELIGIBLE** for the ADULT STEP 2 Test. See Instructors on how you can take this test to receive your ADULT STEP 2 Certificate.

ADULT STEP 3 Class Goals

<input checked="" type="checkbox"/>	Thu 6PM - 6:30PM	Instructor Initial & Date
<input type="checkbox"/>	Week 1: Forward One Foot Slalom	
<input type="checkbox"/>	Week 1: Backward Crosspulls	
<input type="checkbox"/>	Week 1: Backward Stroking	
<input type="checkbox"/>	Week 2: Forward Cross Behinds	
<input type="checkbox"/>	Week 2: Backward Outside & Inside Edges	
<input type="checkbox"/>	Week 2: One Foot Turn	
<input type="checkbox"/>	Week 3: Backward Slalom	
<input type="checkbox"/>	Week 3: Two Foot Spin	
<input type="checkbox"/>	Week 3: Forward Cross Rolls	
<input type="checkbox"/>	Week 3: Forward Swings	

☐ Week 4: Review & Take ADULT STEP 3 Test

After Completion of ADULT STEP 3, you **MAY BE ELIGIBLE** for the ADULT STEP 3 Test. See Instructors on how you can take this test to receive your ADULT STEP 3 certificate.

Once you have completed Adult Step 3, we then recommend private lessons and advance classes.

Instructor's Signature & Date