



FIRST TIMER

I have never skated or I have done a couple of hours on rollerblades.

Base: Without previous experience, I'm scared to skate alone, and need to hold someone's hand when skating or not being sporty. Normally, you describe yourself as a Complete Beginner. I can't pass the A-Exam

What will I learn how to do and how long will it take:

Time: 4-8 Private Lessons

Push: We will help you to propel yourself using lemons and strides using both feet at the correct time and moment.

Cruise: Keep a distance of 10m

Turn: A-turn, we will help you to avoid immobile objects

Stop: Our priority will be to reduce velocity. We practice basic stops like heel-brake and plough.

Stance: Understanding of positions such as Scissors: Driver

Balance: We will practice every posture and movement, improving the stability of each leg at the correct time and moment. We will dismount and mount a step with you, we will break twigs, grassy downhills, we will do small rabbit jumps and fall training.

What groups can I go to:

For now, you should take **private classes**. Your instructor will tell you if you are ready to go to a group or not. You will need to pass a small exam in order to qualify for LStage 1: Beginner. Also, kids under 6 years old require full attention, so we only provide a private lesson to them.

Do's & Don't's: BendYourKnees, Don't Look at your skates. Hands forwards, Don't put excuses, Wear protective equipment