



Roller Skating Lessons from: www.sk8academy.com



Learn how to:

***Fall safely (Beginners)**

***Sit down/Get back up (Beginners)**

***Forward Scissors (Beginners)**



***Forward Glide/Stroke (Beginners/Intermediate)**

***Stopping (Beginners/Intermediate)**

***Backward Skate (Beginners/Intermediate)**

***T-stop (Beginners/Intermediate)**



***Forward crossovers (Beginners/Intermediate)**

***Basic Spins (Intermediate/Advanced)**

***Basic turn arounds (Intermediate/Advanced)**

***Shoot the duck (Intermediate/Advanced)**

***Basic Jumps (Intermediate/Advanced)**

For further information & to schedule a lesson please call:

Instructor Tony at 770-888-8290