



# SKATE NORFOLK

Fun Family Roller Skating



# QUALITY TIME WITH THE KIDS

Parents watching or walking around with their children do not pay to attend



## A MIX OF AGES

Jade, a volunteer teaching, playing games but always watching with safety in mind



FUN

GAMES

TEACHING

Could you help regularly or cover holidays?

# PARENTS LIKE US BECAUSE

- Pay on the door so they are not committed to the term
- We show them how to assist their children to learn our safest method of skating
- Our training is included with free certificates
- Parents can learn to skate as well
- Once their children can skate, they can sit and chat with other parents
- Working parents catch up on emails, teachers do their marking or just read a book
- £5 for 1.5 hours, £1 for skate hire if required. We even repair their skates for free

# CHILDREN LIKE US BECAUSE

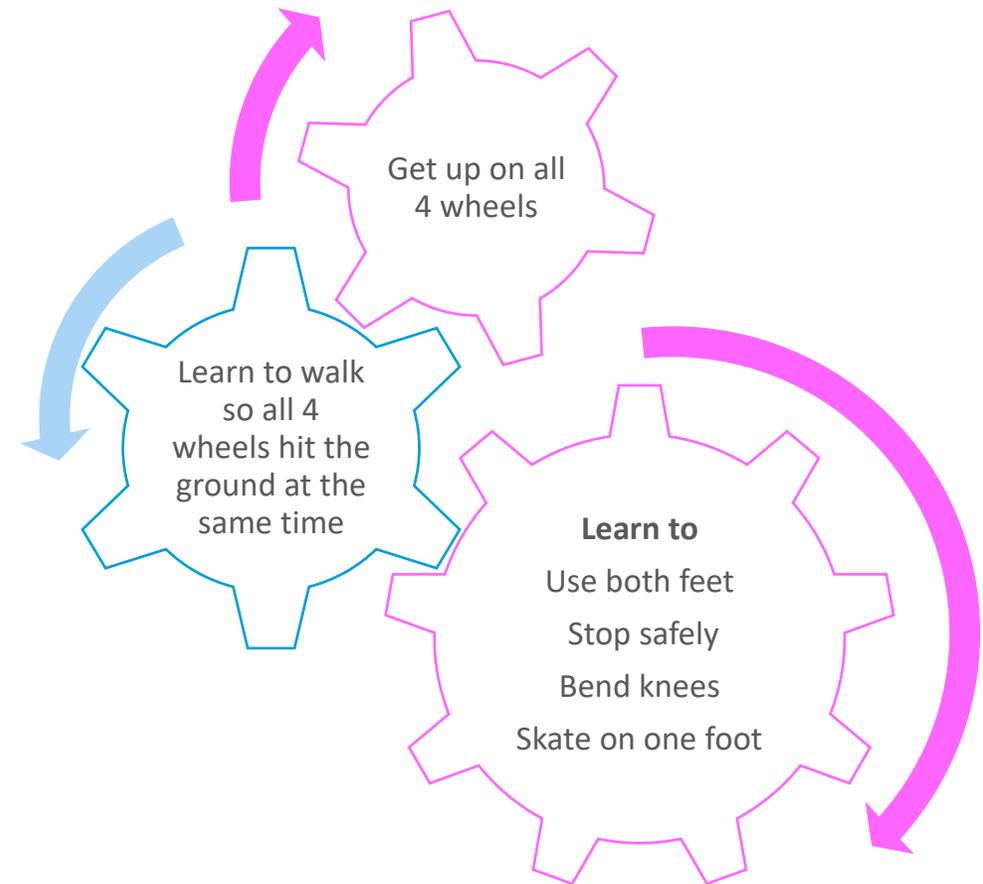
- If they are uneasy we take the time with them
- If they want to play games we let them, we change games to suit
- Our training can be broken down into easy steps and free certificates
- Their parents can be with them on the floor, even if not on skates
- They make new friends, play new games and get fit while having fun
- They can stop, have a rest, rejoin a game or do some training – THEY decide
- We always have the limbo pole

# SKATING IS A SKILL THAT NEEDS TO BE LEARNT

If you are not taught many will:

- Use one foot and have very limited control
- Walk as they would in shoes, putting their heel down first
- Not have any idea of what is safe and what is not.

**If you are taught you will have skills you can develop and have someone to point out your strengths and weakness.**





**Could you help  
kids get and keep  
fit?**

**Skate Norfolk  
requires a few  
more volunteers  
at:**

**City College 4.00 to 5.30  
Saturday**

**Drayton Norwich 4.00 to 5.30  
Monday**

**Thetford 4.00 to 5.30 Friday**



**Notice how our helper is letting the skater balance  
rather than being held up.**

For Security  
Reasons This  
Door Must Be  
Kept  
Closed (255.3  
In An  
Emergency)

Push Bar To Open



**Would you like to help with kids?**

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**Age is not a barrier to learning to skate from 2 months after they can walk**



**Pass on your skills  
on to younger  
children?**

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**Teach our grades – free full training  
provided to our volunteers**



**Come and see a session – bring a child or children for free**

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**Contact us or pop in to see a session**  
(if you have skates please bring them and skate for free)

**[Facebook.com/skatenorfolk](https://www.facebook.com/skatenorfolk)**

**07879 402887**

**[info@skatenorfolk.co.uk](mailto:info@skatenorfolk.co.uk)**



For Security Reasons This Door Is Not Alarmed Open ONLY In An Emergency!

Push Bar