



**2 HOURS
OF ROLLER SKATING
CAN BURN UP TO
1,200
CALORIES!**



**20 MINUTES
OF ROLLER SKATING
PRODUCES A HEART
RATE OF AT LEAST
148 BEATS PER
MINUTE.**



**ROLLER
SKATING BUILDS
STRENGTH &
INCREASES MUSCLE
ENDURANCE**



**FREE
WRISTGUARDS
AND SKATE MATES
PROVIDED FOR A
SAFE SKATING
EXPERIENCE!**



**LESSON
#1:**

FOOTBALL, SOCCER, ROLLER SKATING & ROLLER DERBY

Students will learn how STEM is everywhere, even in sports they love! They will study concepts such as force, motion, gravity, speed and velocity and how they specifically relate to football and soccer. Students will also witness centripetal force in action while learning the basics of roller derby.

**LESSON
#2:**

BASKETBALL, VOLLEYBALL, ROLLER SKATING & ROLLER DERBY

Students receive an introduction into the physics of sports, specifically basketball and volleyball, by discussing concepts such as, The Law of Conservation, how energy converts while the ball is moving, calculating averages and velocity. Students will also witness centripetal force in action while learning the basics of roller derby.

**LESSON
#3:**

SNOWBOARDING, SKATEBOARDING, ROLLER SKATING & ROLLER DERBY

Students will learn about center of mass and angular momentum and how these concepts apply to the sports they love! They will test ice cubes on a ramp and determine how friction affects different surface areas. Students will also witness centripetal force in action while learning the basics of roller derby.