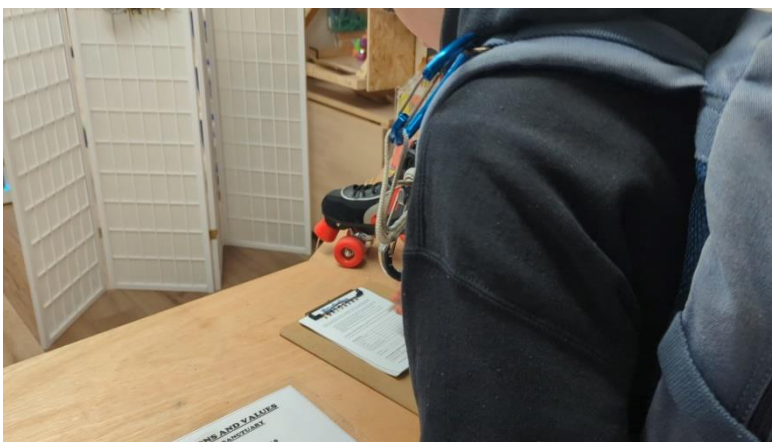


Attending a roller dance class at The Skate Sanctuary



Please check in as you would for any session. Provide your ticket to scan or let us have your name where you have pre-booked.



You will need to complete a waiver if it is your first visit to The Skate Sanctuary. Waivers are valid for one year.



Please collect hire skates if required. There may be a small additional charge. Sometimes this is pre-booked via our website.



Sign into the studio on the whiteboard.



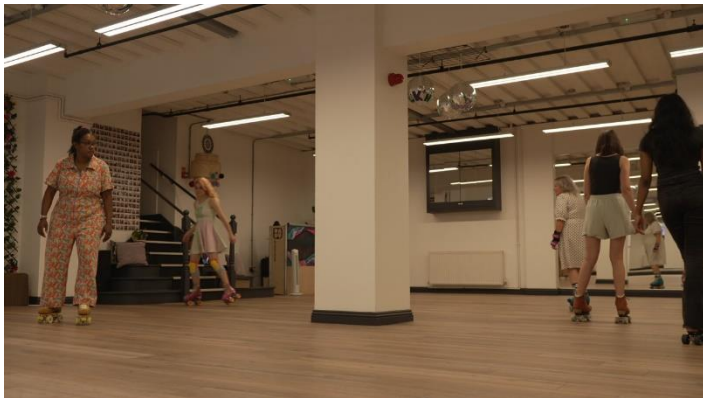
Put on the safety gear you need to feel confident and skates. Put your personal belongings in a locker or under the furniture.

If you need additional safety equipment, please ask.

You can decide where you want to stand in the class – this does not need to be in front of a mirror.



Your instructor will do a warm up. This is usually the same each week. Usually the warm up will be with roller skates on, but if your instructor will let you know when you get to class if you will warm up without skates on.



They will break down the movements in the class.

There will usually be time to practise the movements by yourself, with guidance from the instructor.

Sometimes, there may be a movement combination learned – the complexity will depend on the level of the class.



Towards the end of the class, your instructor may ask if the class would like the disco lights on. (We usually do!)

Sometimes, the instructor will take a re-cap video to share with the class. You do not need to be within the frame of the video, although it does provide a great record of your progress over time.

At the end of the class, we do a cool down and stretch.



You are welcome to take a break any time you need to, so that you can enjoy the class. Participants at roller dance class may re-fill their water bottle at the kitchenette.



It is important to understand that roller skate skills and movements should be built slowly, to ensure your body develops strength correctly. We focus on good form and control with the movements.

Please make sure you collect all your belongings before leaving and we look forward to welcoming you again.

Sensory Profile

Auditory: The space can be loud and noisy. We use music during the dance class, although it is usually turned down low when breaking down new moves. People may have hard wheels, which can be loud against the floor. Ear defenders are welcome!! If you would like to wear ear defenders, ear plugs or your own headphones to have a better experience, please do so. We deliver our instructions verbally.

If you require support with our verbal instructions please let us know. We are also able to repeat instructions as many times as you need. Some of our instructor team have British Sign Language Level 1 knowledge.

Visuals: The lighting is bright and there may be disco lights turned on towards the end of the class. Please take your time skating and take as many breaks as you need. If you need to take a break outside in natural lighting, please remove your skates first for your own safety. You may then rejoin the class when you are ready. Please ask us any questions you have and ask a member of the team for help, we will always do our best to support you.

Carers, PAs and Support Workers: Carers are welcome at all our classes and events. If your carer will be skating please book an additional ticket as usual, if your carer will not be skating please email us to let us know and they can attend the event free of charge.

If you have any further questions or would like to speak to us before attending class please email us at: skate@rollergirlgang.co.uk