



MENTORING CLINICS

Mentoring Clinics are brought to you by Presbyterian Homes and Family Services.

Mentoring Clinics will be offered every Saturday morning from 10am-12pm and available to skaters of all ages. Guests under the age of 7 must be accompanied by an adult during the entire clinic. A registration form must be completed before attending a clinic and fees for registration are waived for the clinic only. Should mentoring participants wish to continue skating after a scheduled clinic all applicable daily and registration fees will apply.

Each clinic includes 2 segments:

10am -11am: focused instruction

11am -12pm: guided practice

Rates:

Members: \$10 per clinic

Nonmembers: \$15.00 per clinic

Below are the different levels of mentoring sessions that RCRS provides:

Our mentoring program is designed to give skaters of all abilities the tools they need to develop their skills. Students can expect to be challenged by the instructors on skating concepts and encouraged by the outcome of repeated practice. Our mentors will do all they can to ensure that students leave each lesson with new ideas and techniques to practice. Below are some guidelines for how each class is divided:

BEGINNERS

For those who are interested in learning to skate but have limited knowledge of technique, our instructors will get you started on the right track! Skaters will be taught in a controlled environment with the assistance of balancing aids to help with concept development.

Elements involved: flatland area, train platform, bank, balance boards

Topics: stance, pushing, turning, balancing, kick tail control, inclines/declines, stopping

ADVANCED BEGINNERS

For skaters who can cruise around the park with ease, but are interested in incorporating more elements into their riding, our advanced beginner lessons will help develop basic tricks that are essential in skateboarding. Skaters will practice a diverse range of elements and students will be encouraged to develop basic switch riding skills.

Elements: basic park elements plus the pyramid, fun box, loading platform, 2- stair, kicker ramp, double bank, low round rail

Topics: ollies, dynamic turns (tic-tics), manuals, pumping banks/ mild transitions, kick turns, landing, skid stops, basic grinds/slides (50-50, boardslides), basic switch

INTERMEDIATES

Once the basics are under control, we can introduce skaters to the near infinite possibilities that skating provides. The intermediate lesson takes techniques learned in the beginner stages and applies them to more technical elements and terrain. A variety of flip tricks can be introduced at this level for practice on park elements that each student has already become familiar with.

Elements: bowl, 4-stair, hubbas, quarter pipe, ledges, lips.

Topics: dropping in, carving, pumping transitions, ollies on inclines and stairs, more grinding/sliding development, basic lip tricks, ollie manuals, shuv-its, kickflips, 180's, switch, and more.

ADVANCED

If you need help nailing that elusive tre flip or if you are looking to tear up the bowl, our advanced lessons will help push your riding to the next level. These classes incorporate all park elements and all skills developed in the beginner and intermediate classes. At this level, the student and instructor work with specific tricks or concepts that students choose to develop.

Elements: Anything and everything!

Topics: You name it. If our instructors can teach it, you will learn it. Technical flips, grinds, grabs or spins.

