

Grom Skateboard Training

Ripzu Skatepark is taking learning to ride a skateboard to a whole new level. Skateboarding is a sport that requires good fitness, mental concentration, and healthy habits. We have developed our Grom Training program based on a lifetime learning concept in addition to the technical skills of riding a skateboard.

There are many reasons kids take up skateboarding. We think skateboarding provides the perfect opportunity to coach skills that can be used for the rest of a their life. Each month we will feature a life skill as a theme for discussions.



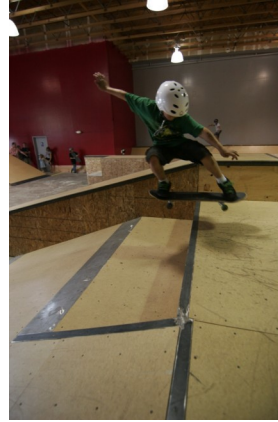
Sports require healthy living and good physical fitness. Skateboarding is no exception. Strength, flexibility, agility, and balance are all keys great skating. Throughout Ripzu's Grom Training there will be a focus on developing these skills.

Ripzu's Grom Training program is the ideal place for your child to learn life skills while having fun doing something they like. Our monthly training program will provide a safe fun environment for the skater in your family to challenges themselves.

Life Skills

Each month Ripzu will feature a life skill for discussions. The building blocks of our program are themes such as:

- Goals
- Friendship
- Perseverance
- Self Improvement
- Confidence
- Respect
- Courtesy
- Self Awareness
- Integrity
- Self-esteem
- Dedication
- Self-control



Physical Fitness

Good skating and healthy living start with practicing physical fitness. Ripzu's Grom Training program has adapted techniques from many athletic disciplines to skateboarding. We will work on Strength, flexibility, agility, and balance so that your skater has the foundation to achieve their skating potential.

Riding Technique's and Skills

There was a time when a skateboarder considered themselves a street rider or a transition rider. But times are changing. Today's riders can do both and have incorporated the skills learned from each discipline into everything they ride. Ripzu's Grom Training does just the same. We take full advantage of our monster mini-pipe as well as our street course to teach all the techniques of skateboarding.

Testing

Our lessons are grouped in a natural progression to simplify the learning process. Then we periodically test how well riders have mastered their new skills. This process provides skaters with achievable and measurable goals and gives your child confidence as their skills progress.

Other Cool Benefits

Each Grom Trainer gets a Ripzu Skatepark annual membership along with all the great benefits that come with it and a special Grom Training T-shirt. Plus a few other surprises we have up our sleeve!



Registration - \$75 (includes membership)
Monthly Fee - \$75
Testing Fee - \$20

Ages: 6 - 14 years old
Level: Beginner/Experienced Beginner

Schedule:
Thursday 6:30pm to 8:00pm
Wednesday 4:30pm to 6:00pm

