

# Skateboard Lessons 101

Having trouble deciding which Skate lessons to start with?



## Stance

**Level: Beginner**

Standing, pushing, balance and weight transferring will be taught in this level.



## Kicks

**Level: Beginner/Intermediate**

Taking new learned skills from Stance and apply them to the ramps. Rolling up and back down, kick turns and pivots will also be taught.



## Axels

**Level: Intermediate**

The more experienced rider level. More focus is on learning tricks on the ramps and being fully comfortable dropping in and riding all the obstacles.



## Transfers

**Level: Advanced**

Transfers is for the advanced and avid skateboarder. Focusing on tricks mostly learning and working on the more street style skateboarding.

# Scooter Lessons 101

Having trouble deciding which scooter lesson to start with?



### Beginner

Introduction to scootering, riding, pushing and basic technique will be learned.



### Intermediate

For the more experienced rider looking to take their skills to the next level.



### Advanced

For the advanced rider looking to learn harder tricks and advanced ramp riding.

Remember skateboarding and scootering take time and patience, it's not a sport that can be rushed or forced. Enjoy the process and have fun!