

## Prices

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**Private Lessons:** \$58.00 per lesson

**Group Lessons:** \$78.00/4 weeks

*Non-residents will be charged an \$8.00 fee.*

## Dates & Times

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To arrange a private lesson, please call to schedule a date and time.

Two sessions of group lessons are available for the Spring season. Choose from taking weekly lessons every Monday, Wednesday, Friday, or Saturday. Whether it's Session 1 Mondays or Session 2 Saturdays, LCRSP group lessons fit into most any schedule!

### SESSION 1

**Mondays:** June 22, 29, July 6, 13

**Wednesdays:** June 24, July 1, 8, 15

**Saturdays:** July 26, July 3, 10, 17

### SESSION 2

**Mondays:** July 27, Aug. 3, 10, 17

**Wednesdays:** July 29, Aug. 5, 12, 19

**Fridays:** July 31, Aug. 7, 14, 21

**Saturdays:** July 25, Aug. 1, 15, 22

Lessons will be conducted in the following order:

### **Mondays/Wednesdays/Fridays**

**First Timers:** 4:30 p.m.

**Beginner 1:** 6:00 p.m.

### **Saturdays**

**First Timers:** 10:00 a.m.

**Beginner 1:** 11:30 a.m.

**Beginner 2:** 1:00 p.m.

## Rules & Regulations

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Each participant must have a liability waiver on file before skating. If the participant is under 18, his/her parent or legal guardian must sign the waiver in person at LCRSP or have the waiver notarized. Faxed waivers or phone calls will not be accepted. All skaters must wear a helmet, elbow pads, and knee pads at all times while skating.

LCRSP appreciates your commitment to safety.

## Hours of Operation

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### SKATEBOARDING

#### **Monday - Friday:**

12:00 p.m. - 1/2 hour before sunset\*

#### **Saturday & Sunday:**

9:00 a.m. - 1/2 hour before sunset\*

*\*except during BMX hours*

### BMX

#### **Tuesday & Thursday**

5:00 p.m. - 1/2 hour before sunset

#### **Sunday:**

9:00 a.m. - 12:00 p.m.

## Contact

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For more information:

LCRSP

2305 S. White Road

San José, CA 95148

(408) 794 - SKATe (7528)

[www.sjpark.org](http://www.sjpark.org)

*To request an alternative format for City-sponsored printed materials, please call (408) 794-7528 or (408) 294-9337 (TTY).*



# SKATEBOARD LESSONS

Summer 2009

## Private Lessons

The private one-on-one lessons are an hour long and taught by LCRSP staff. The lesson will emphasize safety, learning, and fun while providing personal coaching and instruction designed to guide each individual skater into new tricks. We teach basic and advanced tricks, putting together lines within the skate park, while increasing speed and learning and improving upon techniques.

## Group Lessons

Group skate lessons at LCRSP are designed for skaters of all ages and are broken down into three ability levels: FirstTimers, Beginner 1, and Beginner 2. Skaters meet at LCRSP once a week for four weeks for a one-hour lesson consisting of equipment check, proper warm up, demonstration, and practice time. Safety is the central focus in all classes and all equipment must be worn at all times. The instructors teach and demonstrate skills and tricks skaters may use to help themselves progress and become more relaxed and comfortable on their skateboard. Lessons and demonstrations include learning kick-turns, ollies, pumping, dropping in, and transition skating. Skaters may practice what they've learned after lessons are completed.

Participants should always be aware of the inherent risks of skateboarding and maintain the appropriate level of respect for the sport.

## Group Lessons - Ability Levels

### Class Description

#### First Timers

Group lessons for FirstTimers serve as an introduction to skateboarding; participants will learn proper style and technique. The instructor will demonstrate techniques for reducing injury as well as how to stand, place feet on the board, push and become mobile.

### Goals

The goals of the FirstTimer Group Lessons include gaining familiarity with the board and skate park, learning to push, making turns, and minor adjustments. All first timers should reach an increased level of comfort in riding. As their comfort level increases, so will the potential for progress. The ultimate goal for all skateboarders is to progress at a level at which he/she feels comfortable.

### Skills

The only skills required are the desire to listen, learn and participate. The ability to get along with others is essential and the basic rules of safety, good sportsmanship, and fun always apply.

#### Beginner 1

Participants should have minimal experience riding a skateboard before coming into the class. Instruction will emphasize increased familiarity with the board and skate park. The lesson will focus on the fundamentals for continuing progression as skilled skateboarders. Instructors will demonstrate knee sliding and pad usage as well as the techniques necessary to increase skills appropriate for the Beginner 1 level.

The primary goal for the Beginner 1 classes is the ability to ride a skateboard through areas of the skate park designated for beginners. Instructors will demonstrate riding on transitions and banked surfaces; skaters will attempt these maneuvers as well. Participants will focus on increasing their familiarity with the board and reaction to changes in terrain. This will foster skill progression and build their level of comfort.

The desire to listen, learn, and participate is required. Those joining the class should already be able to stand on a board while moving, even if slowly, with modest level of comfort.

#### Beginner 2

Pre-requisites for the class include one or more experiences at the skate park or other type of skateboard-specific terrain. Participants will explore all areas of the park to increase familiarity and skill. Skaters will learn style and technique necessary to increase their skills to the appropriate levels for Beginner 2. This includes transition riding, pumping, and dropping in.

The main goals of the Beginner 2 classes are to gain familiarity with all areas of the park and increase the ability to ride comfortably at a moderate speed. Participants will learn how to approach bowls, transitions, and banks at their specific level of comfort. Pumping transitions are crucial in this class.

As always, the desire to listen, learn, and participate is required. Skaters should already have the ability to ride comfortably on beginner terrain, handle the board on banks and turns, and have the desire to approach the next level of terrain.