

Adult Skating

ROLLER SKATING BUILDS STRENGTH AND INCREASES MUSCLE ENDURANCE



Tuesday Mornings

10am - 12pm

\$7.00

Includes Coffee and Donuts



Wednesday Evenings

9pm - 11:30pm

Saturday Evenings

10:30pm - 12:30am

\$7.00 Admission

\$3.00 Skate Rental



Must be 18yrs. or older to enter



**ROLLER SKATING IS RECOGNIZED
& RECOMMENDED BY THE
AMERICAN HEART ASSOCIATION
(AHA) AS AN AEROBIC SPORT**



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