

Flowskate* Roller Discos*

Admission: £5
Skate Hire: £1
Every Friday 6:30pm - 10:00pm

Sessions start 17th April | Sole Leisure Centre Broad Road MESS24

Come and join us for an evening of serious Fun!

- Latest music
- Variety of games for all
- Sessions for Families and Teenagers, from 4 years o

Flowskate has many years of experience in teaching people to skate. Leo Oppenheim is a professional skater and also a qualified instructor. BIKF level 2 and ICP level 2.

Skating is fantastic for children
It can help to improve

- Confidence
- Coordination
- Balance
- Cardio Fitness
- Weight loss
- Strength and Endurance



Never skated before? No problem! Our qualified instructor and staff will have you rolling in no time.

Skate hire is available at all of our sessions, alternatively you can bring your own. For Skate Hire or any other queries about our sessions contact Leo anytime on 07772 448 658 or email flowskate@btinternet.com

Sponsored by Seba, Monkey Nutrition and The Rolling Brand. For more info check www.flowskate.co.uk or The Leo Oppenheim Athlete page on Facebook and follow [flowskate1988](https://www.instagram.com/flowskate1988) on Instagram.

Flowskate also cater for Birthday parties and events.
Contact us for more details.

