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BRSF ACCREDITED SKATING LESSONS ON OFFER FOR FIRST TIME IN BURY ST EDMUNDS

CurveMotion in Bury St Edmunds has released details of its rollerskating lessons for next term.

The six week course, with separate group lessons for both children and adults, is the only one in West Suffolk to be accredited by the British Rollerskating Federation (BRSF), and is aimed at building confidence and teaching basic skills to both learners and improvers.

The lessons are taught in accordance with the BRSF SkatingSmart Scheme, which is a grade based system, with BRSF certificates being awarded for each level reached.

The children's lessons will run for six weeks on either Tuesdays or Thursdays from the 24th April and will split into two groups – beginners (covering grades 1 and 2) and improvers (covering grades 3 and 4). The adults course, which covers all four grades and is taught in a more relaxed manner, allowing adults to feel more comfortable learning at their own pace, will run on a Thursday evening.

Sarah Stamp, spokesperson for CurveMotion explains: "The emphasis is very much on enjoyment, so all the classes are taught in a games like manner, having fun but making sure that we maintain a safe environment for all participants, and that their skating confidence and technique improves as the course progresses."

Tom Fell, the Head Coach at CurveMotion adds: "I love coaching roller sports - it's a great skill and sport. Everyone should have the chance to give it a go and see for themselves the benefits of rollerskating – not only is it a great and fun way to exercise, but it improves balance and co-ordination and is a fantastic way of socialising and meeting new friends."



Skate lessons can be booked online at www.curvemotion.com or by calling 0845 463 2324.

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For further information or photographs please contact Sarah Stamp on 07584 028671 or sarah@sarahstamp.co.uk