

## ROLLER-SKIING AT HOVE PARK – BRIGHTON

### SATURDAYS AT 10.00 FROM 26<sup>TH</sup> APRIL



Come and try a fun and excellent way of getting fit. Roller skiing can be an exciting new hobby helping you tone your body and increase your stamina whilst meeting new friends. It will also get you ready for cross country and downhill skiing!

**Where:** Hove Park,  
meet at the SkiFIT flags off Park View Road.



**When:** Saturday mornings at  
09.30 intermediates  
11.00 beginners

**How:** We bring equipment and instructors;  
you bring a bike helmet, thin gloves and  
recommended knee & elbow pads.

**Cost:** Adults £90 and 12-25 year olds £36  
for 6 weeks courses.



To ensure your place, book your space  
by emailing:  
**skifit@roller-skis.com**  
with your name, mobile number, shoe  
size and height.  
For more information visit our website  
[www.roller-skis.com](http://www.roller-skis.com)