

PARENTS Cranford Sunday Skate School - Session 1 - 1200 - 1300



Location **London, London**
<https://www.freeadsz.co.uk/x-544626-z>



We are pleased to announce that RollaDome All Skate will be offering parents/guardians the chance to participate in the roller skating club.

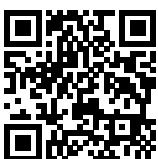
It's time for families to learn together, to support each other, and their skating outside of RollaDome as a new family activity.

Skating is a great family activity with many health benefits to keep kids active. First and foremost, Roller skating is an extremely useful activity to get some quality exercise. It provides plenty of lower body strength, balance, coordination, and aerobic activity. It takes quite a bit of energy to skate around the rink.

It could be a great substitute to going for a morning walk, or being stuck on an elliptical in the evening. Roller Skating quickly becomes an alternative to the family instead of sitting on the couch watching TV, being on the computer, or in their respective rooms playing Xbox.

It will keep the kids active, and provide an outlet for all their pent up energy. Daily exercise is known to decrease stress, put you in better shape, and leave you in an overall better mood. What is a better way to do that than an out of the box fun idea, such as getting out and skating for an hour?

Another large benefit that is noticeable among skating families is the bonding experience. Roller skating is a fun activity for the entire family to.



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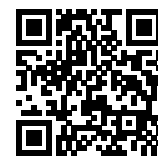
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