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- $('#buttonOne').jFav();

Skating

« back to the kindercenter´s activities






What is skating

universal sport that requires coordination, strength, agility, flexibility, endurance, but also a sense for music and dance. Air in the ice rink is dustless, and this type of air conditions (after consultation with a specialist doctor) are **suitable for allergy sufferers** or **asthmatics**. Movement in the cold temperatures is beneficial to become hardened and to increase lung capacity. For these reasons, skating is one of the best types of physical exercises for children.

Why = reason to decide

Regular exercise in cold and wet:

- helps to become hardened and support the immune system
- appropriately stimulate breathing apparatus, and therefore facilitates breathing
- have positive effect on respiratory problems and allergies

How

Skating is not only the basis for the two most popular winter sports – ice hockey and figure skating, but also one of the fundamental locomotion that children should master in early childhood. In our course, children are **conducted by the expert guidance** and **learn the proper technique of** skating:

- skating forward – two legs, one leg, forward crossover
- skating backwards – two legs, one leg, backwards crossover
- stop forwards and backwards
- turns

Teacher always takes into account the child's ability and his age, while competitions and games make part of each hour. During the first class, children are divided into groups according to age and performance, so that their progress was smooth and adapted to the abilities of the child.

Conditions: Skating courses we will **start in March 2011** . We will notify you by phone or mail a specific date for the start of the course. We will meet **2times per week** . The course has **13 sessions** .

Courses open to children aged from **4 years**. Maximum capacity is **10 children** in one course.

Schedules **»more** **Price list** **»more** *(is displayed only after* ***»login****)*

With whom

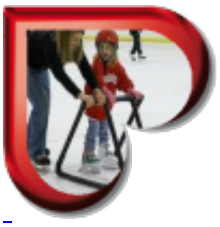
Mgr. Petra Nátryová – mom of the 9monts Christiana



- She is devoted to figure skating 28 years & 14 years coaching experience
- the IV. coaching class to teach for skating children and youth, she graduated from the Faculty of Education and subsequently gained coaching qualifications in the Faculty of Physical Education and Sport
- she is also responsible for trainer performance and representation in figure skating club Hamikovo, working with a qualified team of Figure Skating and hockey coach

application form

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$(function() {     $(".slideshow").jCarouselLite({ auto: 800, speed: 1000     }); });
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