**The Program**
In a nutshell, In-line Skating 101 is an in-school field trip that educates students on a healthy activity. Our goal is that students will use in-line skating as a way to stay fit and active outside of their school PE classes and into their adult life. It’s difficult to teach a true lifetime fitness activity to elementary students because of their skill and comprehension levels at this age. But we all remember how to ride a bike. Even if we don’t ride for several years we never think, I better put on training wheels and re-learn how to ride. If you teach children when they are young how to in-line skate, they will have the confidence and knowledge that this is a healthy fitness activity they can do throughout their life. Our goal is to equip students with as many options to stay fit and healthy and in-line skating is one of those equipping options.

**Picture it**
On the website are two short but informative videos about the program in the following link for you to share with your schools administrators. It would only take about 3 minutes each to see them. To view the videos click on: [https://www.in-lineskating101.com/copy-of-in-line-skating-101](https://www.in-lineskating101.com/copy-of-in-line-skating-101). The “Program Overview” explains how the program works and the “Get Healthy Texas” segment From CBS News is a very good synopses to the program at a school.

**Costs**
We skate with 3rd grade up. The cost is $10 per student to participate in the program. We also have a $2 Imagiskate program for Kinder-2nd that doesn’t require left and rights, lacing, buckling, etc. I want to assure you that every child wanting to skate will regardless of if they can afford the fee. I offer scholarships - full or partial - to anyone who needs it. With this said, many of these students needing the scholarships will most likely never get the chance to experience in-line skating unless you expose them to this activity.

**Teaching Details**
When you do the program, you will receive a teaching packet 2-3 weeks before your start date. In it you’ll find the teaching notebook, permission forms, sizing chart, lesson plans, teaching video, posters, etc. Basically everything you need to get started.