

# Adult Fitness

<b>Pre-Requisite</b>	<ul style="list-style-type: none"> <li>• 19 years or older</li> </ul>
<b>Description</b>	<p><i>Learn balance techniques and general skateboarding skills and apply skills to the pumptrack. Learn skateboard yoga as well as Indo Board and other core strengthening and balance increasing activities. As well as strengthen endurance through push and pump racing.</i></p>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• Develop endurance and muscle strength for avid skateboarders</li> <li>• Participants skateboard with great efficiency</li> <li>• Train for push races and SBSX Time Trials</li> </ul>
<b>Time Commitment to Safety</b>	<ul style="list-style-type: none"> <li>• <i>Reminders will be made throughout class to keep helmets and pads securely in place</i></li> <li>• <i>Students will be advised to follow the rules displayed at the beginning of each class</i></li> </ul>
<b>Accomplishments</b>	<ul style="list-style-type: none"> <li>• Balance             <ul style="list-style-type: none"> <li>–Will be able to push all stances; regular, switch &amp; mongo.</li> </ul> </li> <li>• Endurance             <ul style="list-style-type: none"> <li>Have the ability to push for extended periods; 20 mins, 30 mins.</li> <li>Pumptrack for extended periods without stopping or becoming fatigued.</li> </ul> </li> <li>• Strength             <ul style="list-style-type: none"> <li>Will walk away stronger at your core, arms, back, and legs. Every part of the body is worked during a skateboard workout.</li> </ul> </li> <li>• Flexibility             <ul style="list-style-type: none"> <li>It is essential to do skateboard stretches before and after every class. These stretches will make our muscles loose and ready for skateboard maneuvers.</li> </ul> </li> </ul>

# Red

Pre-Requisite	<ul style="list-style-type: none"> <li>• Yellow Level Certification</li> </ul>
Description	<p>This is an intermediate level rider. This rider has started to learn basic board lifts and manage obstacles. This rider can push a board as easily as pump a board. This rider can foot brake proficiently and can stop within 10-15 feet at speeds above 15 MPH. This rider can handle 180 degree switch turns on the modular track (e.g. Sidewinder)</p>
Objectives	<ul style="list-style-type: none"> <li>• Apply skills learned in the previous class to advance further.</li> <li>• Be able to ride the pumptrack switch consistently as strong as regular stance.</li> <li>• Learn creative riding; such as some grab tricks, roll off ramp transfer and low maneuvers.</li> <li>• This students cardiovascular ability on a skateboard will allow them to complete at least a half marathon (13 miles).</li> <li>• Board maneuvers; hand grab, running start, and other variations</li> <li>• Increase speed on the pump track</li> <li>• Introduction to slide techniques</li> </ul>
Time Commitment	<ul style="list-style-type: none"> <li>• Minimum of 64 X 40' sessions at an SBSX academy</li> </ul>
Exit Skills	<ul style="list-style-type: none"> <li>- basic board lifts and manage obstacles</li> <li>- This rider can push a board as easily as pumping a board</li> <li>- Stand Up Slide</li> <li>- This rider can handle 180 degree switch turns on the modular track (e.g. Sidewinder)</li> </ul>

# Blue

Pre-Requisite	<ul style="list-style-type: none"> <li>Red Level Certification</li> </ul>
Description	<p>This is an advanced level rider that can ride transition as well as utilize hands, and footwork to start to develop slides which will allow for more board control. A Blue level skater can enjoy the entire Skateboard Supercross track with ease. This is the highest level available on the modular track system.</p>
Objectives	<ul style="list-style-type: none"> <li>Learn how to ride with competitive speeds to apply them to time trials.</li> <li>Perform competitive speeds on all forms of riding the pumptracks; switch, regular, heelside &amp; toeside.             <ul style="list-style-type: none"> <li>Learn more advanced skateboard tricks like ollies, shov-its, dancing and more creative riding.                 <ul style="list-style-type: none"> <li>Balance training will become integral to this curriculum.</li> </ul> </li> </ul> </li> <li>This students cardiovascular ability on a skateboard will allow them to complete at least a full marathon (26 miles).</li> <li>Switch pumptrack riding with ease, switchbacks consistent.</li> <li>Incorporate sliding, dance, and pop tricks</li> </ul>
Time Commitment	<ul style="list-style-type: none"> <li>Minimum of 32 X 40' sessions at an SBSX academy</li> </ul>
Exit Skills	<ul style="list-style-type: none"> <li>- advanced level rider that can ride transition as well as utilize hands, and footwork to start to develop slides</li> <li>- advanced board control</li> <li>- skater can enjoy the entire Skateboard Supercross modular track with ease.</li> <li>- Perform jumps with landing on tracks.</li> </ul>

# Green

Pre-Requisite	<ul style="list-style-type: none"> <li>• Child at least 6 years old</li> </ul>
Description	<p>Beginner that will be able to ride around the entire perimeter of the track. This participant will need to learn the core foundation. This includes pushing the board with at least one foot, proper stance for cruising and for racing, foot braking, getting low on the board, switching feet and carving. Able to start skating the modular track in one direction.</p>
Objectives	<ul style="list-style-type: none"> <li>• <b>Skateboard Safety</b> <ul style="list-style-type: none"> <li>• Learn how to stand, push, and stop a skateboard independently.</li> <li>• Work on balance techniques to increase skateboarding skills.</li> <li>• Receive a general exposure to riding switch, board components &amp; construction.</li> <li>• To complete a unidirectional lap on a pump track.</li> <li>• Stimulate balance and coordination</li> <li>• Encourage child bonding and trust with instructor, other participants, environment</li> </ul> </li> </ul>
Time Commitment	<ul style="list-style-type: none"> <li>• Minimum of 40 X 60' sessions at an SBSX academy</li> </ul>
Exit Skills	<ul style="list-style-type: none"> <li>- Able to ride around the entire perimeter of the track</li> <li>- pushing the board with at least one foot, proper stance for cruising and for racing</li> <li>- foot braking</li> <li>- getting low on the board, switching feet and carving</li> <li>- Able to skate the modular ring track in one direction at least 5 laps</li> </ul>

# Black

Pre-Requisite	<ul style="list-style-type: none"> <li>Blue Level Certification</li> </ul>
Description	<p>This is an elite level rider, or Ninja Level Status. This skateboarder can shred from point A to Z with the best of them. Not only can he/she transition and increase speed, this shredder can skate both ways, with both feet and has achieved an ultimate comfort level. This rider can perform slides to stop on command, and is able to compete in terms of speed with all skateboarders on any track. This level is only available when building a custom Velosolutions USA Skateboard Supercross Track.</p>
Objectives	<ul style="list-style-type: none"> <li>Learn how to advance all skills to an elite riding level.             <ul style="list-style-type: none"> <li>Learn to push the limits of the pumptrack. Learn pumptrack ollie transfers, grinds, and manuals.</li> <li>Completing the length of the track in record times in both regular, switch, heel and toeside.</li> </ul> </li> <li>Further advance balance skills and have a strong understanding of how all types of boards and parts function and appeal to the specified style of riding.</li> <li><b>Bidirectional &amp; switch pumptrack riding at high speeds</b></li> <li><b>Incorporating slide stops and other advance maneuvers</b></li> <li><b>Achieving ultimate control and balance</b></li> </ul>
Time Commitment	<ul style="list-style-type: none"> <li>Pro Level Rider</li> </ul>
Exit Skills	<ul style="list-style-type: none"> <li>- transition and increase speed, this shredder can skate both ways, with both feet and has achieved an ultimate comfort level</li> <li>- can perform heel and toe side slides to stop on command</li> <li>- able to compete in terms of speed with all skateboarders on any track</li> <li>- This level is only available when building a custom Velosolutions USA Skateboard Supercross Track</li> </ul>

# Yellow

Pre-Requisite	<ul style="list-style-type: none"> <li>• Green Level Certification</li> </ul>
Description	<p>Skating the modular pump track (beginner level track) in both directions, heel-side and toe-side with ease. Pump track skills include single direction either heel-side or toe-side 180 degree berms and modular sized rollers.</p>
Objectives	<ul style="list-style-type: none"> <li>• Learn Bidirectional riding on pump track both heelside and toeside on the board             <ul style="list-style-type: none"> <li>• strengthen switch riding and pumptrack skills.</li> </ul> </li> <li>• This students cardiovascular ability on a skateboard will allow them to complete at least 10Km (6 miles).</li> <li>• Pump over rollers from pendulum position</li> <li>• Become Competition Ready</li> <li>• Foot breaking proficiently</li> </ul>
Time Commitment	<ul style="list-style-type: none"> <li>• Minimum of 64 X 40' sessions at an SBSX academy</li> </ul>
Exit Skills	<ul style="list-style-type: none"> <li>- Skate the modular pump track in both directions, heel-side and toe-side with ease. (complete 5 on weak side and at least 10 on strong side)</li> <li>- Pump track skills include single direction either heel-side or toe-side</li> <li>-180 degree berms are mastered in both directions (perform at least one switchback and transition into rollers.</li> <li>•Able to ride at least 3 rollers switch stance</li> <li>-can stop within 10-15 feet at speeds above 15 MPH</li> </ul>