

ROLLA RHYTHMS TERM 2: 🎵 INTERMEDIATE SKILLS AND GROUP INTEGRATION 🎵

JULY 3 - 4:30 PM - AUGUST 7 - 6:30 PM

Free

👉 Supported by Make Moves Fund to CAF from Nike and Spotify

Do you have **girls aged 10-17** eager to advance their roller skating and music skills? RollaDome All Skate is excited to present Term 2 of Rolla Rhythms, a unique initiative aimed at empowering girls from minoritised and/or marginalised groups through roller skating and music!



🎉 Why Join Rolla Rhythms Term 2?

🎵 **Music and Movement:** Participants will build on their skating and DJ skills, integrating them into more complex group routines.

💰 **Completely Free:** Thanks to the generous support from Nike and Spotify, this program is free to access.

🏆 **Qualified Instructors:** Our team includes experienced skating coaches, professional DJs, and health facilitators.

📍 **Convenient Location:** Hosted at the Bridge Park Community Leisure Centre, making it easily accessible for North London residents.

💪 **Holistic Approach:** Incorporates mental health support, healthy eating workshops, and other essential life skills.


👉 **Inclusive and Empowering:** Specifically designed for girls from minoritised and marginalised backgrounds, fostering a sense of community and belonging.

📅 Programme Highlights:

- **Start Date:** Wednesday, 3rd July 2024
- **End Date:** Wednesday, 7th August 2024
- **Time:** 16:30 - 18:30 every Wednesday
- **Venue:** Bridge Park Community Leisure Centre, Harrow Rd, London NW10 0RG
- **Total Sessions:** 6 weekly term-time sessions

 **Activities:**

- **Learn to Skate:** Teaching the basics of roller skating and helping participants develop their skating skills.
- **Choreography:** Creating and teaching synchronized skating routines set to music chosen by the participants.
- **DJ Workshops:** Teaching participants the basics of DJing, music selection, and mixing.
- **Special Workshops:** Including mental health support, healthy eating, and other topics facilitated by Brent Public Health Department.

 **Dress Code:** Dress Code: Please wear comfortable, appropriate skating attire—jog bottoms, leggings, or shorts are ideal. No school uniforms, jeans, skirts, ties, or dresses. Don't forget to bring or wear socks, and bring a drink to stay hydrated! All students under 18 must wear full protective gear and a helmet.

 **Don't Miss Out!** Experience the next level of roller skating, music, and personal growth through our engaging and supportive workshops. Perfect for **girls aged 10-17** looking to build on their skills, make new friends, and enhance their confidence.

 **Rolla Rhythms – Where Music and Movement Unite! Stay tuned for Term 3 and 4 booking links!** 

BRIDGE PARK COMMUNITY LEISURE CENTRE, HARROW RD, LONDON NW10 0RG
Bridge Park Community Leisure Centre

Harrow Rd, London NW10 0RG United Kingdom+ [Google Map](#)

Tickets

[Rolla Rhythm Term 2 \(3rd July – 7th August 2024\)](#)

£ FREE