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Skate Safely

A free guide for skaters of all ages
with Coach Maja Luther.

Hi, I'm **Maja**, a professional skating coach who helps skaters of all ages feel at home on the ice. After watching this quick free guide, **you'll know how to:**

- ✓ Stand and move safely on the ice
- ✓ Catch a wobble, fall safely, and get back up
- ✓ Avoid the beginner mistakes I see most often



- 1 Scan the code
- 2 Follow the steps
- 3 Watch the Skate Safely video
- 4 Enjoy your time on the ice!

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See you on the ice!

EMBRACE THE ICE. ENJOY THE JOURNEY.