

ROLLER DERBY

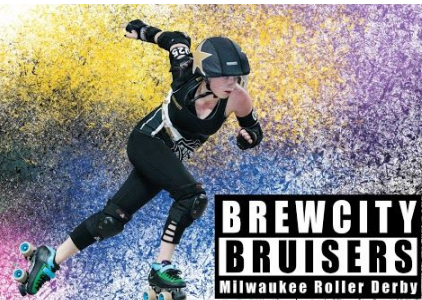
HOME SEASON

2019 JAN 27 FEB 10 MAR 10 APR 27 MAY 4

TRAVEL TEAM

2019 FEB 9 MAR 30 MAY 31 - JUN 2

TICKET AND BOUT DAY INFO: WWW.BREWCITYBRUISERS.COM  



Contact: media@brewcitybruisers.com

For Immediate Release:

Tuesday, January 22, 2019

THE BREWCITY BRUISERS OFFER ROLLER DERBY-STYLE FITNESS CLASS

One-Day Boot Camp will Teach Roller Skating Skills to All Skill Levels

(Milwaukee, WI)— This Saturday, January 26 at 9 am, Brewcity Bruisers Roller Derby is offering a rare opportunity for local women to get in shape by learning roller derby-style skating. The 3-hour class teaches individuals basic roller skating form, strides, crossovers, balance, control and how to safely fall and recover. All skill levels are welcome as there will be no physical game-style contact, however they should be prepared for a physical challenge!

This class is an opportunity for women to get in shape, socialize, and to see if the sport of roller derby is right for them. Participants who complete boot camp will also have the opportunity to enroll in the Brewcity Bruisers' 10-week skating program. Three other boot camps will be offered in 2019; on May 11th, August 3rd and October 12th.

How to Register:

Women interested in attending boot camp must register for the program by emailing recruitment@brewcitybruisers.com with their name, phone number and main contact email address. Registrants will receive more details about attending the boot camp, including the location of our private practice space.

What to bring:

Boot camp costs \$20. A cash payment must be paid upon arrival. Equipment for bootcamps include: quad roller skates (non-inline), a helmet, knee pads, elbow pads, wrist guards, and a mouth guard. Let us know if you need help acquiring any of these items, we have gear to lend!!

Wear comfortable clothing and don't forget your water bottle!

About Brewcity Bruisers Roller Derby

Established in 2005, Brewcity Bruisers Roller Derby is a skater-owned and operated flat track roller derby league and non-profit organization that offers competitive roller derby while promoting the physical, mental and emotional well-being the Milwaukee community.

More information is available at www.brewcitybruisers.com.

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Website: www.brewcitybruisers.com.

Facebook: [@brewcitybruisers](https://www.facebook.com/brewcitybruisers)

Twitter: [@BrewcityBruiser](https://twitter.com/BrewcityBruiser).