



It's as simple as skating

August 11, 2010

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This past weekend I went out to an open skate at Springfield Lake Roller Rink with a friend from a local roller derby team. I've really wanted to get into derby for months now, so I've been picking up skating tips from a few of the girls. And while I certainly learned a lot on Sunday, I also had a great time. So I figured what would be better than plugging open skate sessions on the blog? Open skates can be fun for people of any age - from the tiniest tot to the fittest 50-year-olds. You can leave all your stress on the rink, and roll away with a smile.

And, there are numerous health benefits! Roller skating provides a complete aerobic workout that involves all of the body's muscles, especially the heart. Skating is equivalent to jogging in terms of health benefits - caloric consumption, reduction of body fat and leg strength development - but it comes without the shock to your joints

So if you're ready to have a lot of fun while building your leg muscles, you should check out the following open skates:

Springfield Lake Roller Rink, 1220 Main St., Lakemore, 330-784-9474:

Saturday: 1-3 p.m. (\$4 admission, \$3 skate rental) and 7-10 p.m. (\$6 admission, \$3 skate rental)

Rocky's Skating Center, 272 West Ave, Tallmadge, (330) 630-2550:

Friday: 7-10 p.m. (\$7 admission for children, parents skate free)

Saturday: 1-4 p.m. (\$7 admission for everyone) and 7-10 p.m. (\$7 admission for children, parents skate free)

Sunday: 1-4 p.m. (\$7 admission for everyone) and 5-8 p.m. (\$7 admission for children, parents skate free)

*All skate rentals at Rocky's are free

North Canton Skate Center, 5475 Whipple Ave NW, North Canton, (330) 499-7170:

Wednesday: Family Night 7-9:30 p.m. (\$10 for a family of five or less, \$5 for single skaters, prices includes skate rental)

Friday: 8-11 p.m. (\$5.75 admission, \$1.75-\$3.25 skate rental)

Saturday: 1:30-4:30 p.m. (\$5 admission, \$1.75-\$3.25 skate rental) and 8-11 p.m. (\$5.75 admission, \$1.75-\$3.25 skate rental)

Sunday: 1:30-4:30 p.m. (\$1.75-\$3.25 skate rental)

Skate Station, 1261 Industrial Pkwy N # 4, Brunswick, (330) 273-5750:

Sunday: Family Night 5-7 p.m. (\$12 for a family of four, \$3-4 for single skaters)

Wednesday: 12:30-3 p.m. (\$5 admission)

Thursday: 12:30-3 p.m. (\$5 admission)

Friday: 12:30-3 p.m. (\$5 admission)

Saturday: 2-4:30 p.m. (\$5 admission)

*Skate rentals: \$1.50 for quads, \$3 for inline

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Roller Derby

Check out Roller Derby action live! Home opener for NEO Roller Derby from Akron will be on Saturday, May 5th 2012 at the Summit County Fairgrounds. Go to neorollerderby.com for more information.

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