

## Skimboarding

Skimboarding is a combination of skateboarding and surfing and, like many other freestyle sports, has countless possible applications. It was invented on the north-west coast of the US, from where it has spread around other coastal regions of the world. Flatland skimboarding, a modified version of the sport, is now taking over inland regions, as it no longer requires incoming waves. All it needs is a thin layer of water, whether on a fountain, lakeside, or river, or in a specific skimpool. A skimpool is the best place to try out this sport easily and safely.



### Features of skimboarding

- Suitable for people of all sporting levels
- Low entry threshold
- Fast progress
- Great fun immediately

### Connection to other sports

- Surfing – position on the board; gliding over the water
- Skateboarding – tricks and jumps; urban feel
- Snowboarding – rideable obstacles

### Coordination skills required and muscles used

Like most other board sports, skimboarding is also suitable for training a number of general coordination skills. A perfectly coordinated approach needs a pronounced rhythmic ability, while landing on a moving skimboard requires differentiation skills. To coordinate the approach, take-off and landing, it is important to be able to link individual movement patterns. When gliding on the skimboard, you need balance and poise for a long slide. Skimboarding works the core, glute and leg muscles. The many short, intense sprints promote speed and acceleration capability.

### Skimboarding video tutorials

Scan the QR code to access the skimboarding video tutorials. In these step-by-step videos we explain what to keep in mind when skimboarding in a skimpool, with tips on how to achieve the longest and most stylish slide. Have you already tried skimboarding? In our video tutorials for advanced skimboarders, we help you learn your first tricks.



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