

Skating is an activity or sport where individuals travel across smooth surfaces or ice using bladelike runners or wheels attached to their shoes. It functions as both a fantastic cardiovascular workout (burning roughly 900 calories per hour) and an Olympic sport encompassing figure skating, speed skating, and hockey. [1, 2, 3]

### Types of Skating

- **Inline Skating:** Uses skates with a single line of wheels. It is widely popular for outdoor commuting, fitness, and trick skating. [1, 2, 3]
- **Roller Skating:** Involves skates with four wheels arranged in a quad formation. It is highly favored for rinks, dance, and casual outdoor use. [1, 2, 3, 4, 5]
- **Ice Skating:** Uses skates with metal blades to glide over freezing rinks or natural ice. It includes competitive figure skating and hockey. [1, 2]
- **Skateboarding:** Riding and performing tricks on a specialized board with attached wheels. [1, 2]

### Local Resources in Bengaluru

If you are located in Bengaluru and looking to pick up skating as a hobby or sport, several local arenas and retailers offer classes and equipment:

- **Skating Classes:** You can explore local coaching at venues such as **Sportonix Sports Arena** in Whitefield, with session packages typically starting around ₹2,500. [1]
- **Gear and Equipment:** Check out sporting goods platforms like [Decathlon](#) to browse high-quality skates and essential protection kits (helmets, knee, and elbow pads). [1, 2, 3, 4, 5]

For the foundational inline skating skill everyone should learn first (commonly known as 'lemon drops' or 'bubbles'):



11:50

## [The First Inline Skating Skill Everyone Should Learn](#)



[Polly Morris](#)

[YouTube · 13 May 2026](#)

### **Benefits & Learning**

- **Fitness:** Skating is low-impact, meaning it is much easier on your joints while deeply engaging your glutes and leg muscles.
- **Technique:** Beginners often start by learning "lemon drops" to master balance before progressing to strides, crossovers, and ski stops.
- **Competitive:** For advanced skaters, the **Roller Skating Federation of India (RSFI)** oversees tournaments, such as the National Open Ranking Championships. [[1](#), [2](#), [3](#), [4](#), [5](#)]

If you want to narrow down your options, tell me:

- What **style of skating** are you interested in (inline, quad, or skateboarding)?
- Are you looking for **beginner classes** or advanced training?
- What **area of Bengaluru** are you based in?

I can provide **specific rink locations** and **gear recommendations** tailored to you.



10 sites

- Skating - Wikipedia

Look up skating in Wiktionary, the free dictionary. Skating involves any sports or recreational activity which consists of traveli...

W

Wikipedia

- Buy Skating (स्केटिंग) Kits Online From Flipkart | 03-Jun-26

Jaspo Beginner Senior Skates With Metal Body and TPR Rubber wheels Adjustable Quad Roller Adults Size 1 UK - 8 UK. 72%. ₹1,499. ₹4...



Flipkart

- Buy Skating Shoes at Affordable Prices in India - Amazon.in

Adjustable Inline Skates for Kids 4-12 Years | Blue Roller Skating Shoes with Front Brake | Polyurethane Wheels | Unisex Skates fo...



Amazon.in

Show all