



# *A Historic Sport for* MODERN TIMES

## **Youth Programs & Beyond**

Key Log Rolling® offers an abundance of programming possibilities with ready-to-use instructional materials and videos. Supplement and enhance your current offerings or add something brand new! With over 40 years' experience of teaching, coaching, and starting programs, we have the knowledge and tools for success.



## **Health & Fitness Benefits**

Key Log Rolling is a low impact activity with high rewards for all ages and sizes. Stepping back and forth on a spinning Key Log improves balance, footwork, core strength, and cardiovascular endurance. A true sport in itself, Key Log Rolling is fun and effective cross-training.

## **Challenge & Competition**

The sport of log rolling was born out of American lumberjacks' natural inclination to challenge one another. A log rolling match consists of two people on one log, each trying to be the last person on top. Compete individually or in a team format, as part of a log rolling club.





## Safe & Engaging

The easy to follow instructional materials plus basic water safety are all you need for a safe and fun activity in shallow or deep water. Thousands of people across the U.S. have been learning to log roll safely with the Key Log. Falling into the water is a natural part of the sport, and part of the fun!

## Leadership Potential

The basics of log rolling are easy to learn and to teach. Discover new opportunities for leadership in programming and staff development. Log rolling is a unique activity that both kids and adults naturally want to share with others, creating a sense of purpose and fulfillment within their community.



## Events & Fundraisers

With Key Log Rolling, no one is left on the sidelines. All ages can participate, building camaraderie and confidence with every step. It's perfect for friendly competition and personal challenge. Set a goal and achieve it! Spectators enjoy watching and cheering, plus everyone will remember your unique event.



*Contact Us & Learn More!*