



## 2018 ADULTSKATE WORKSHOP *Featuring* ELVIS STOJKO

January 20, 2018

The Glencoe Club, Calgary

2:30 pm to 9 pm

Social 9pm – 10 pm

### About the Workshop:

- Our workshop is open to registered Skate Canada Adult skaters.
  - 1 hour Dance / Body Movement / Performance session off-ice
  - 1 hour off-ice discussion with Elvis
  - 1.5 hours nutritional session
  - 1.75 hours skating skills, stroking, and free skating with Elvis on ice!
- Join us for a fun and educational day of skating!

***\$150.00 Registration Deadline is January 12, 2018***

<https://skatecanada.wufoo.eu/forms/2018-adultskate-workshop/>

For information, please contact Lisa Bonderove [lisa@skateabnwnun.ca](mailto:lisa@skateabnwnun.ca)



### Featured Presenter: Elvis Stojko

Figure Skater – Car Racer – Martial Artist – Actor

3-time World Champion

7-time National Champion

2-time Olympic Silver Medalist

### Additional Presenters:

**Kelly Anne Erdman** – Performance Dietitian,

Canadian Sport Institute

**Diana Lefebvre** - DANCESPORT Trainer, “Tools for finding your performance confidence”