



## 2019 AdultSkate Workshop Featured National Coaches:



**Jeff Langdon**  
National Medalist  
World Team Member  
1998 Olympian



**Doug Schmierer**  
National Medalist



**Ben Ferreira**  
National Medalist  
World Team Member



**Jadene Ferreira**  
National Coach,  
Choreographer

**Sunday, March 17, 2019**  
**Nexsource Centre in Sylvan Lake**  
**2:00 pm to 7:00 pm**

**Our workshop is open to registered Skate Canada Adult skaters and each participant gets...**

- ✓ 1-hour Figures on ice with Doug Schmierer
- ✓ 1-hour Stroking & Edges on ice with Jeff Langdon
- ✓ Two 1-hour off-ice sessions with Ben Ferreira and Jadene Ferreira (off-ice options include Jump Technique, Yoga, Choreography, and more!)

***\$125.00 Registration Deadline is Sunday March 10***

<https://skatecanada.wufoo.com/forms/2019-adultskate-workshop/>



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