



## 2019 AdultSkate Workshop Featured National Coaches:

### Ben & Jadene Ferreira

National Medalist  
World Team Member



National Coach &  
Choreographer

**Saturday, September 14, 2019**

**Seton YMCA in Calgary**

**11:00 am to 5:00 pm**

Our workshop is open to registered Skate Canada Adult skaters and will help kick off 19-20!

Choose your own Sessions...

*Arms ~ Artistry ~ Choreography ~ Edges & turns ~ Extensions ~ Footwork ~  
Jump Technique ~ Musicality ~ Positions ~ Spin Technique ~ AND MORE*

***\$125.00 Registration Deadline is Friday September 6***

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

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

