



Save the Date!
Can't get to a gym?
Keegan's got you covered – keep fit indoors and out!



You know him, you love him,
now ZOOM with him!

KEEGAN MESSING will be hosting our
next Zoom for skaters and coaches.

All levels are welcome.

Saturday January 30, 2021

12:00 – 1:00 pm

Cost \$10.00 for skaters, No Charge for coaches

Check out how Keegan stays active year-round
for skating and in life.

Whether it is on the ODR, at home, or in the
snow... doing what you can, where you are! How
to keep it fun, but also keeping it athletic!

Register for your spot using this link:

<https://skatecanada.wufoo.com/forms/keeping-active-with-keegan/>

The Zoom link will be sent to all registered
participants on Friday, January 29.

You must register in advance to attend

Questions? holly@skateabnwtun.ca

