



**Skate
BC | YT**



ADULT SKATING SEMINARS

Skate Canada BC/YT Section is thrilled to present two Adult Skating Seminars this Spring. From edge work and movement to strengthening jumps and spins, these seminars are designed to enhance skating skills and promote lifelong enjoyment on ice. All levels of Adult Skating are welcome and groups will be sorted accordingly.

TIME

9 AM - 4:30 PM

DATE

Saturday, March 16 (Vernon, BC)

8 AM - 4:30 PM

Saturday, March 30 (Richmond, BC)

COST

\$125.00/ seminar

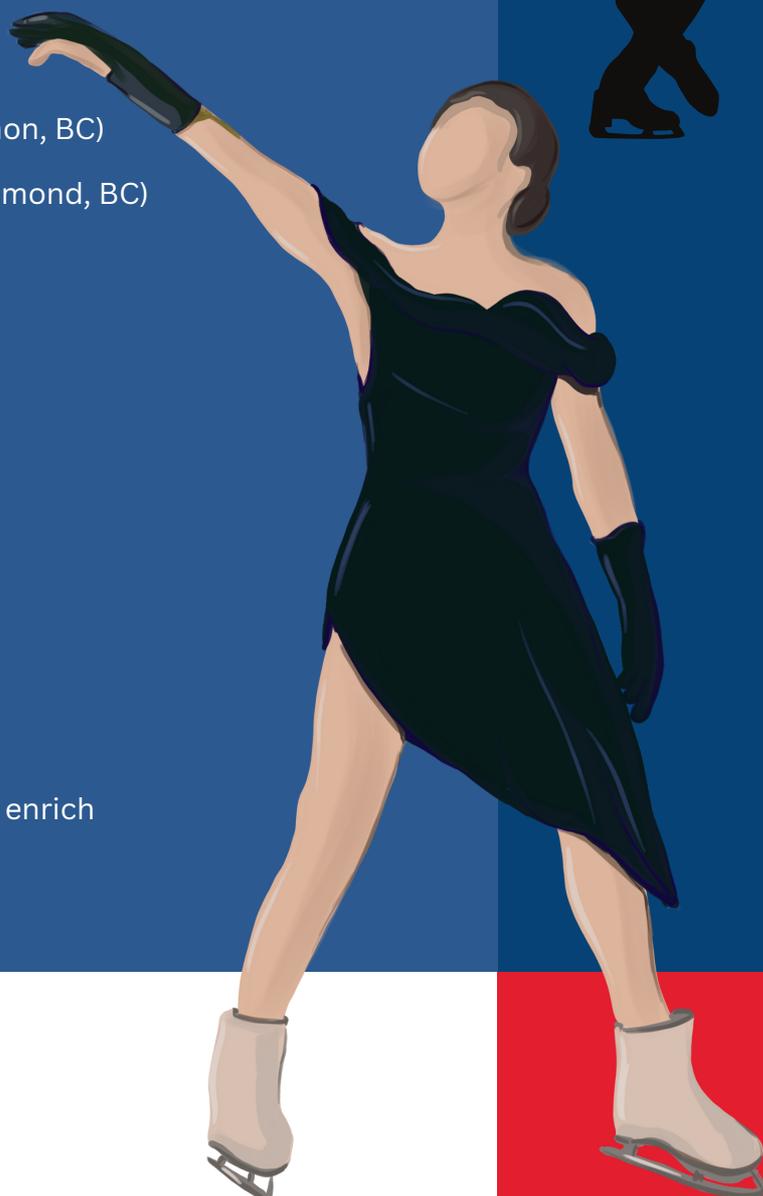
FACILITATED BY

Kirsten Moore-Towers

- > 3X Olympian
- > 4X Canadian Champion
- > BC/YT Coach
- > Stars on Ice Performer

& supported by a team of guest Coaches to enrich your seminar experience!

Register online at
www.skatinginbc.com



Your SEMINAR COACHES



KIRSTEN MOORE-TOWERS

Kirsten Moore-Towers, a distinguished Canadian Pairs skater, has represented Canada on a global stage, including three Olympic Winter Games and seven World Championships. She is a four-time Canadian Champion, and has also performed around the world in Stars on Ice. Kirsten is currently working with the Connaught Skating Club in Richmond, BC, coaching the next generation of pairs skaters.



JANET LAU

Janet's journey in figure skating began at age 10, when she placed 4th at Junior Nationals and later became the Provincial Champion in Junior Women. A highlight was when she was chosen to perform in the Skating Gala during the 2010 Olympic Winter Games. Janet now coaches at the Connaught Skating Club and teaches hip-hop, blending her expertise from both worlds in her coaching style.



MERVIN TRAN

Mervin is a former athlete with 15 years of experience competing at the world level, having represented Japan, Canada, and the United States throughout his career. He has accumulated 18 international medals, including bronze at the 2012 ISU World Figure Skating Championships in pairs alongside his partner, Narumi Takahashi. In 2011, Mervin became a certified Skate Canada coach, and since then has taught many disciplines on the ice, including Singles, Dance, Pairs, Synchro, and Hockey.

www.skatinginbc.com

Adult Figure Skating Seminar

RICHMOND, BC

Saturday, March 30

Registration	8:00 a.m. - 8:30 a.m.
Off Ice	8:30 a.m. - 9:30 a.m.
On Ice - Skating Skills & Edges	9:30 a.m. - 11:30 a.m.
Lunch	11:30 a.m. - 12:30 p.m.
Open Ice *	12:30 p.m. - 1:15 p.m.
On Ice - Jumps, Spins	1:30 p.m. - 3:00 p.m.
On Ice - Performance	3:15 p.m. - 4:30 p.m.

*Open Ice: Option to purchase lessons with Coaches. Information will be communicated to registrants.

Please note this is a tentative schedule. Items within the start and end times may change.

If you have any questions, please email us at bcytsection@skatinginbc.com. Thank you!

