



**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](http://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.



## **CAMBRIA LITTLE**

As a skater Cambria was a ISU Junior Grand Prix competitor, seven-time BC/YT Provincial Team member, and a three-time Provincial Champion in the Novice, Junior and Senior Ladies events. At the National level she was the 2009 Canadian Junior Ladies Silver Medalist, and the 2007 Canada Winter Games Pre-Novice Ladies Silver medalist. As a Nationally Trained coach, she has 12 years of experience and currently team coaches at the Kelowna Skating Club, working with top national and international competitors.



## **DANIELA KELLER**

Daniela was a Senior National competitor in Germany before performing in Holiday on Ice, Royal Caribbean Cruise Ships, Ice Theatre of New York, and Canada Ice Dance Theatre. For the past 15 years Daniela has been Coaching in BC as a National Certified Coach.

[www.skatinginbc.com](http://www.skatinginbc.com)

# Adult Figure Skating Seminar

VERNON, BC

Saturday, March 16

Registration	9:00 a.m. - 9:30 a.m.
Off Ice	9:30 a.m. - 10:15 a.m.
On Ice - Skating Skills & Edges	10:30 a.m. - 12:30 p.m.
Lunch	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.

*\*Tentative Schedule. Items within the start and end times may change.*

If you have any questions, please email us at [bcytsection@skatinginbc.com](mailto:bcytsection@skatinginbc.com). Thank you!

