



# POSTURE ENERGY SEMINAR

Featuring Louis-Georges DuFour



**WHEN:** Monday, November 11, 2019

**WHERE:** Kitsilano Arena  
2690 Larch Street, Vancouver, BC

**TIME:** 11:45AM

Seminar prices include the Training aids that you get to keep !

PRICES:	
Seminar A – including the <b>AIR GLIDE BAR</b> and <b>SENSATIONAL GLOVES</b>	<b>\$110.00</b>
Seminar B - including the <b>AIR GLIDE BAR</b> , <b>SENSATIONAL GLOVES</b> and the <b>GENIUS ROLLER</b> (includes Bonus 30 minute off ice Overtime Session to Master Stress and develop Optimal Performance with the Genius Roller)	<b>\$135.00</b>

**We accept payment by Cash or Cheque**

**All payments to be made to: Kitsilano Figure Skating Club**

**Skating Level of Skaters**

The minimum level of skating ability required to attend the seminar is to be able to perform forward and backward cross-overs and to land a waltz jump.

**Coaches**

This seminar is **free for Coaches**.

**Demo videos**

Single, double, and triple jumps performed with the **AIR GLIDE BAR**.

[https://www.youtube.com/watch?v=IO2BKMQGJ\\_0](https://www.youtube.com/watch?v=IO2BKMQGJ_0)

**Questions? Please contact Helsa at 604.220.6287**

## OFF ICE and ON ICE SCHEDULE:

11:45am	Arrival of skaters and coaches
11:45am to 12:15pm	Distribution of the <b>AIR GLIDE BAR</b> and the <b>SENSATIONAL GLOVES</b>
12:15pm to 12:55pm	<b>Off ice</b> - Posture and Proprioception
12:55pm to 1:10pm	Skates on & Break (15mins)
1:10pm to 2:00pm	<b>On ice</b> - Effortless Power and Aesthetics
2:00pm to 2:10pm	Break (10mins)
2:10pm to 3:00pm	<b>On Ice</b> - Spins and Jumps
Bonus Overtime ( <b>Seminar B only</b> ) 3:00pm to 3:30pm	<b>Off ice</b> – Master Stress and develop Optimal Performance with the <b>GENIUS ROLLER</b>

**Practice ice will be available** after the Seminar from **5:00pm – 6:00pm** or **5:30pm – 6:30pm** for a **Separate Buy-on fee**. The sessions overlap by 30 minutes. To book your Lesson with Louis, please indicate in the space provided below. Coaching fee for Louis is \$20.00 for a 15 minute private lesson or in groups of 2.

## REGISTRATION

<b>Name:</b>				
<b>Email Address:</b>				
<b>Phone Number:</b>				
<b>Home Club:</b>				
<b>Coach:</b>				
<b>Practice Sessions</b>	<b>5:00 to 6:00pm</b>	<b>5:30 to 6:30pm</b>	<b>Separate Buy-on Fees apply</b>	
<b>Lesson with Louis:</b>	YES		<b>\$20.00 for one (1) 15 minute lesson</b>	
<b>Select <u>One</u> Seminar A or B:</b>	<b>Seminar A</b>		<b>\$110.00</b>	
	<b>Seminar B</b>		<b>\$135.00</b>	
	<b>TOTAL</b>		<b>\$</b>	
	<b>PAYMENT METHOD:</b>		<b>CASH</b>	<b>CHEQUE</b>