

The Scarboro Figure Skating Club is proud to present the 5th annual:

'TURNING ENERGY INTO ART'

A workshop devoted to the joy of skating

Monday, March 16, 2009



Featured Presenter:

Ice Theatre of New York

Open to skaters and coaches from any club

TENTATIVE SCHEDULE

9:15-9:45 Competitive - OFF ICE
10:00-11:15 Competitive - ON ICE
11:30-12:45 High - ON ICE
12:45-1:15 LUNCH
1:15-1:45 High & Intermediate - OFF ICE
2:00-3:15 Intermediate - ON ICE
3:30-4:45 Low - ON ICE
5:00-5:30 Low - OFF ICE

Each skater will do one on-ice and one off ice class.
Skaters will be grouped according to level after all the applications are received.

PRICES

One on-ice and one off-ice session \$ 45.00
Home Club Scarboro FSC members \$ 35.00
SFSC 2008-9 STARSkate and Competitive Team members... \$ 25.00
*Coaches free - *please let Cheryl know you are coming*

**time at the workshop counts towards Coaches' CEP. 5 credits for full day (6 hours), 2 ½ credits for a half day (3 hrs)*

A WORD ABOUT THE ICE THEATRE OF NEW YORK

The Ice Theatre of New York is an extraordinary organization that has changed the face of figure skating by integrating contemporary dance, music and art into skating. Founded in 1984 by Moira North, The Ice Theatre of New York is America's first not-for-profit ice skating ensemble to be awarded grants as a dance company by the National Endowment for the Arts, the New York State Council on the Arts and the New York City Department of Cultural Affairs. Among the illustrious guest artists who have performed with Ice Theatre are Olympic Champions John Curry, Oksana Baiul, Sarah Hughes and Tatiana Navka & Roman Kostomarov, medallists Toller Cranston, Paul Wylie, Yuka Sato, and innovative skaters/artists like Gary Beacom, David Liu, Gia Guddat, and Katherine Healy (also a Prima Ballerina).

At 'Turning Energy Into Art 2009' they will be presenting their Plie Power Workshop, a series of exercises that was developed by John Curry as a daily class for his skating company. The format was adapted and taught by both himself and trained teachers from the Ice Theatre of New York. Participants perform a series of exercises from basic to advanced difficulty focusing on freedom of ice movement. The basic material may be incorporated in skaters' daily warm-up routine while more advanced sequences may be modified for use in solos.

Skaters who have attended these classes include David Liu, Robin Wagner, Sarah Hughes, Gary Beacom, Katherine Healy, Kim Navarro and Brent Bonomentre, Emanuel Sandhu, Judy Blumberg and Douglas Webster. To learn more about the Ice Theatre of New York please visit their website at: www.icetheatre.org

For more information and/or application forms please contact Cheryl Richardson at:
cherylrichardson2000@rogers.com or the Scarboro FSC at: 416-438-9508
Applications also available on the Scarboro FSC website at: www.sfsc.on.ca

Please book early to avoid disappointment.