



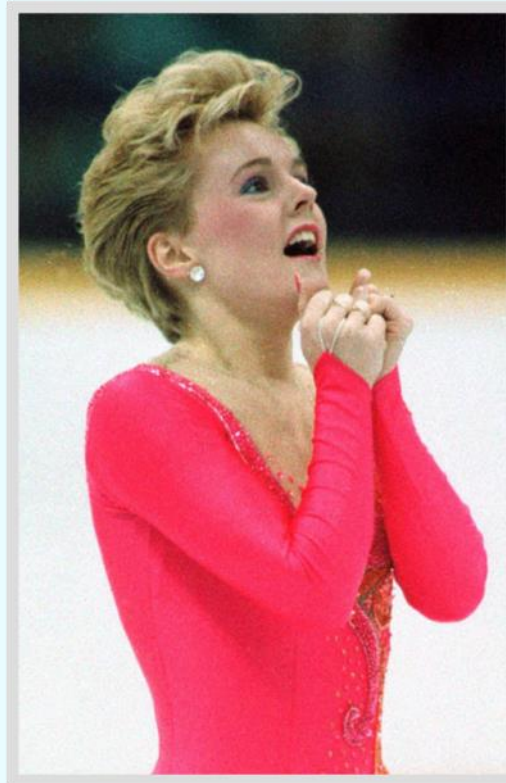
# ADULT CAMP

Proudly Featuring...

## ELIZABETH MANLEY



**Calgary '88**  
SILVER MEDALIST



**MONDAY, FEBRUARY 19<sup>th</sup>, 2024**

**ON ICE SESSION - (Manley Arena)**

**9:30am to 11:30am**

**1:30pm to 3:30pm**

**LUNCH HOSTED by GSC - (Hall A)**

**11:30am to 1:30pm**

**ONLY \$150!**

**REGISTER TODAY** at [www.gloucesterskatingclub.ca](http://www.gloucesterskatingclub.ca)

*Skaters must be 18+ to attend.*



## ADULT CAMP - featuring Elizabeth Manley...

*Open to adult skaters ages 18+ .*

Come skate with and be coached by the Calgary 1988 Olympic Silver medalist, **ELIZABETH MANLEY**. Enjoy 4 hours on the ice plus an informal chat over lunch with her. Lunch will be provided by the Gloucester Skating Club.

*"I'm so excited to be working with you and wanted to let you know that we have a great day ahead of us! On the ice we will do my new 'Ice for Life Class' which is balancing, spiritual, breathing type warm up class that helps you connect to the love of skating and connecting with your skates and ice through edge work and holding on to the moment through body and skating mindfulness. Let's just say it's like meditation on ice!"*

We will continue with **Jump and Ice** techniques, and the importance of music/presentation in your performances.

Off the ice, we will connect as a group and talk about life experiences or challengers, though there is no such thing as failure, and have you be inspired and motivated to go after your passions on and off the ice. *Age has no limitations* and the best project you will ever work on is **YOU!**

All levels are able to join this great seminar and you will walk away feeling like **YOU GOT THIS!**

See you at the Camp!

*Elizabeth Manley*

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