

# i Flamenco

## FOR Ice Skaters!

Thinking about using Spanish Flamenco music in your skating program? Learn authentic rhythmic flamenco movements that can help enhance your program, and wow the audience and the judges. ¡OLE!

Introducing beginner flamenco dance movement workshop designed especially for ice skaters by a skater/ice dancer and skating judge with a flamenco dance background.

- Flamenco technique focusing on arm, hand and body movement
- Awareness and control of upper body
- Expression of various flamenco rhythms
- Rhythmic clapping

**Flamenco artistry...can be used as a competitive advantage for any aspiring and seasoned figure skater.**



### Flamenco Workshop Information:

- **Date:** Saturday, October 8, 2011
- **Time:** 3pm-5pm
  - 3-4pm off-ice and 4-5pm on ice
- **Location:** 340 Chaplin Crescent Toronto, Ontario M5N 2N3
- **Fee:** \$40.00
- **Off-ice clothing:** running shoes, pants/skirts

### Background:

- Over 10 years of studying flamenco with teachers from Canada and Spain, and performing flamenco and Classical Spanish dance (worked with fans, shawls, and castanets)
- Knowledge of various flamenco rhythms (Alegrías, Solea, Farruca, Tangos, Guajiras, Siguiriyas, etc.), all of which can be adapted to a free skating routine or a free dance
- Skating background: Skater/ice dancer, and Novice Singles and Ice Dance Judge and Gold Test Evaluator (Dance, Freeskate, Interpretive, Skating Skills) with Skate Canada-Central Ontario

**For more information and to arrange group or individual instruction, please contact Flora at**  
**FloradeLunares@bell.net**





**SEMINAR DATE:** Saturday, October 8, 2011 :: 3:00 – 5:00 pm

**SEMINAR CONTACT:** Valerie Calver

**EMAIL:** foresthill1@bellnet.ca

**PHONE:** 416-481-7325

**WEBSITE:** http://www.fhfsc.ca

**ENTRY FORMS:**

- Please make cheques payable to: Forest Hill Figure Skating Club Seminar 2011
- Entry Deadline: October 1, 2011.
- Late entries may be accepted only at the discretion of the coordinator and an additional late fee of \$15.00 per skater payable prior to acceptance of such entries.

**ENTRIES TO BE SENT TO:**

Forest Hill Figure Skating Club  
 Box 38083, Castlewood PO  
 550 Eglinton Avenue West, Toronto M5N 3A8

**ENTRY FEE**

- \$40.00 per skater
- Refunds will be given for medical reasons only.
- All skaters waive all claims as to accidents, etc. during the course of this Seminar
- (SC Rule 1.11).

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 PLEASE PRINT CLEARLY

NAME: \_\_\_\_\_ FEMALE  MALE

ADDRESS: \_\_\_\_\_

AGE as of September 1, 2011: \_\_\_\_\_

HOME CLUB: \_\_\_\_\_

PHONE #: \_\_\_\_\_ SKATE CANADA #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_ PHONE#: \_\_\_\_\_

COACH EMAIL: \_\_\_\_\_

	HIGHEST TEST PASSED		Date
FREESKATE			
SKILLS			
DANCE			

(Signature of Entrant, Parent and/or Guardian) \_\_\_\_\_

(Signature and Position of Club Official) \_\_\_\_\_

