

Ballet & Stretch for Figure Skaters

with Ms. Anna

June 21st - August 16th
at the Greensboro Ice House



Class will focus on : Improving flexibility, body awareness, turn-out, posture, toe-point, fluid body movement, strength, balance and musicality.



Ballet / Stretch Class is held on Mondays from 2:00-3:15
in the birthday party room.



Stretch class (only) meets from 2:45-3:15.

Summer 2010 ~ Class Ballet & Stretch Information:

- This is a one hour and 15-minute specialty course that is a combined ballet and stretch class.
- The 8 class ballet / stretch semester will meet weekly on Mondays from 2:00-3:15pm June 21st - August 16th for \$200.
- There will be no class on Monday, July 5th due to the 4th of July holiday (class meets: June 21 & 28, July 12, 19, 26 & August 2, 9 & 16)
- The \$200 ballet & stretch package pricing is offered for the 8 classes only. No refunds or credit for missed classes and no make-up classes offered. Enrolled students please present class card to instructor at the beginning of each class.
- Skaters may “walk-on” or drop-in to the class for \$30 per session. Walk-on skaters ~ please give your receipt showing payment to Anna at the beginning of class.
- Skaters should wear athletic attire, ballet shoes (Bloch brand preferred) or thick socks and hair should be secured up and out of a face.
- This is a focused and disciplined class for students who are serious about improving their skating.
- Interested participants must be approved to participate in the course as it is an advanced class. Skaters not eligible (as determined by Anna) for the full Ballet / Stretch class *may* be invited to do the Stretch only component from 2:45-3:15pm. Tuition for the Stretch only component is \$120 for the 8 class session or a “walk-on” fee of \$20 per class.

Trained in St. Petersburg, Russia, Anna Zheleznyakova is a freelance ballerina specializing in the classical repertoire. Anna has danced lead roles with troupes of the Maryinsky and Bolshoi Theatres in such ballets as Giselle, Raymonda, Don Quixote, The Nutcracker, and The Dying Swan. Her repertoire also includes various classical pas de deux's and solos from Chopiniana (Les Sylphides), Coppelia, Esmeralda, Sleeping Beauty, La Bayadere, Swan Lake, and more. Ms. Zheleznyakova has staged repertoire evenings of the classics, and has choreographed various miniatures and a full length Nutcracker. Anna Zheleznyakova was Artistic/Program Director of *A Love Affair with Russian Ballet*. Anna currently dances, guest teaches, coaches and choreographs internationally.