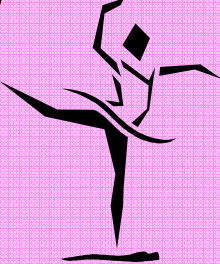


Ballet & Stretch for Figure Skaters

with Ms. Anna

March 1st ~ April 26th
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 5:30-6:45
in the birthday party room.



Stretch class (only) meets from 6:15-6:45.

Spring 2010 Ballet & Stretch Class Information:

- This course is *included* in the Rising Stars program.
- Please note this is a one hour and 15-minute combined ballet & stretch class.
- Skaters may purchase an 8-class ballet / stretch semester from March 1st - April 26th for \$200.
- Skaters not yet ready (as determined by Anna) for the full Ballet / Stretch class may do Stretch only from 6:15-6:45pm for an enrolled fee of \$120 or a “walk-on” fee of \$20 per class.
- \$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 enrolled in any other “Learn to” class will enjoy a \$10 discount (one \$10, multiple class, discount permitted.)
- Skaters may “walk-on” or drop-in to the class for \$30 per session. Walk-on skaters ~ please leave a receipt (please write skater’s name on the receipt) in the Skating Director’s mailbox.
- 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 open to students who are serious about improving their skating.
- There is **NO CLASS** on Monday, March 29th due to Spring Break. This is a scheduled date off and not included in tuition. *There are NO MAKE-UP classes for this course, there are no credits or refunds for missed classes.*

Trained in St. Petersburg, Russia, Anna Zheleznyakova is a freelance ballerina specializing in the classical repertoire. Anna has trained with the legendary S. Messerer upon her immigration to the west, as well as N. Zolotova, and N. Silvanovich (graduating class). Later she entered the Leningrad Conservatory in Rimskogo-Korsakova under the Directorship of N. Dolgushin, where she studied with the great masters passing down to her the rich traditions of Russian ballet. At the Kirov Theatre (Maryinsky) Anna studied with G. Komleva, and V. Semenov. Ms. Zheleznyakova was quickly noticed and taken under wing by former Prima Ballerina T. Fesenko, and later by L. Butskova, former soloist of the Bolshoi Ballet. These two ballet greats were instrumental in molding and coaching Anna in her career. 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*. This program was an evening of excerpts highlighting the classics of Petipa as well as three world premieres. Amongst these premieres were two pas de deux; one choreographed to Andrea Bocellis’ “Time to Say Goodbye”, and another pas de deux choreographed to Michael Nyman’s “Jealous of the Rain” from the motion picture *The End of the Affair*. The third piece was choreographed to “Bearing the Cross” from the motion picture *The Passion of the Christ*. (Anna invited A. Emelianov to choreograph the two pas de deux’s.) Anna currently dances, guest teaches, coaches and choreographs internationally.