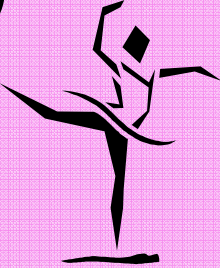


# *Stretch & Ballet for Figure Skaters*



**with Ms. Anna**  
*January 2nd - February 20th*  
*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.

Stretch (only) class is held on Mondays from 5:45-6:15pm (open to all skaters)  
Combined Stretch & Ballet class meets from 5:45-7:00pm  
(participation in the combined Stretch & Ballet class must be pre-approved by Ballet instructor)

★ Both classes meet in the birthday party room ★

## **January 2012 ~ 8-Class Stretch & Stretch / Ballet Information:**

We offer two classes—a Stretch class and a combined Stretch / Ballet class.

Both classes are advanced specialty classes for disciplined skaters.

All skaters begin in the Stretch class and advance to the combined Stretch / Ballet class.

Skaters advance to the combined Stretch / Ballet class upon approval by the Ballet instructor, Ms. Anna Zheleznyakova.

Both classes (Stretch and the combined Stretch / Ballet class) meet on Mondays—January 2nd through February 20th. The Stretch class meets from 5:45-6:15pm.

The combined Stretch / Ballet class meets from 5:45-7:00pm.

Both classes meet in birthday party room #1.

Stretch tuition is \$120 / walk-on is \$20 per class.

The combined Stretch / Ballet class tuition is \$200 / walk-on is \$30 per class.

Skaters who enroll in January 2012 AdvantEdge or Creative Movement are entitled to a \$25 discount on January 2012 Stretch or Stretch / Ballet tuition.

Walk-on students should give their paid receipt, with their name on the receipt, to Ms. Anna.

There are no refunds or credits for missed classes and make-up classes are not offered.

A class card is not included with this course.

Skaters should wear athletic attire, ballet shoes (Bloch brand preferred) or thick socks and hair should be secured up and off of face.

Students should bring an exercise mat.

Trained in St. Petersburg, Russia, Anna Zheleznyakova is a freelance ballerina specializing in the classical repertoire. Anna dances, coaches and choreographs internationally.