

## Ballet for Figure Skaters Class

Purpose: Improving flexibility while learning to stretch properly, increasing strength and improving upper body control and balance through barre work and strengthening exercises and developing coordination skills and improving artistic flow of movement through barre work.

Fridays

Classes after the last general session - schedule on opposite side

In the party room at KSU Ice Arena

Taught by Sarah White, KSC Coach and KSU Dance Minor

\$104.00 for 13 week spring session or

\$10.00 per class (walk on)

class must have 5 sign ups to run.

Session runs from January 8- May 7, 2010 payment due January 8, If you know you will miss some classes in advance. Let me know & I will prorate your session.

Checks can be made out to **Skater's Advantage, LLC**

(MasterCard/Visa will also be accepted)

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

If paying by credit card,

Name on card: \_\_\_\_\_

Card Number \_\_\_\_\_

exp. date \_\_\_\_\_

signature \_\_\_\_\_

Any Questions Please Contact Sarah White at:

330-221-2038 or [sjpeters@kent.edu](mailto:sjpeters@kent.edu)

Please bring ballet shoes and a mat or towel and wear comfortable form fitting clothes. Skating dresses and tights would be good to wear as well, but are not mandatory.