

SKATERS: Join us to Achieve Excellence!!!!

Mary Wanamaker's Fall Intensive

Mondays Sept. 11th – Dec. 11th, 2017

(14 weeks)

Tuition is: 1 class-\$280, 2 classes -\$530

(Need 6 to hold class)

Walk-ins welcome, if room, for \$25 per class.

Mail check along with form to: Mary Wanamaker, 51 Camp St. Paxton, Ma. 01612.

Check the classes you will be taking below.

[] 6:30-7:15PM-Ballet / Jazz

This all inclusive class will specialize in teaching the serious skater the following: Posture, Flexibility, Strength, Balance, Injury Prevention (ankles, hips, knees, back), Proper Alignment, Coordination of arms and legs, flow, gracefulness and connecting moves with spins and jumps to music. This class will include various styles of dance including classical ballet, lyrical ballet, Broadway jazz, Latin, contemporary and acting / expression too.

[] 7:15-8:00-Ultimate Stretch / Core / Cardio

This class will include dance and yoga stretches, Pilates, cardio kick-boxing, tricks to help with spins, spirals, Ina Bauers and spread eagles.

On ice choreography available to all skaters with coaches approval

WHERE:

The class will be taught in the off ice room at the Burbank Arena, 51 Symonds Way, Reading, Ma 01867

INSTRUCTOR:

Mary Wanamaker has an extensive dance and fitness background and has trained dancers and skaters all over the U.S. She just returned from Canada, where she works with the Gold World Syncro Medalist, Nexxice. Also teaches World Champion 2014 SE skaters. Mary has trained all disciplines of skating, both nationally and internationally. Join us for Artistic Presentation.

Name _____

Address _____

Email _____

Phone _____ Cell Phone _____

*** Enrollment is very limited so please register early.
We reserve the right to cancel due to low enrollment.**

Any Questions call Mary - 508-212-8204