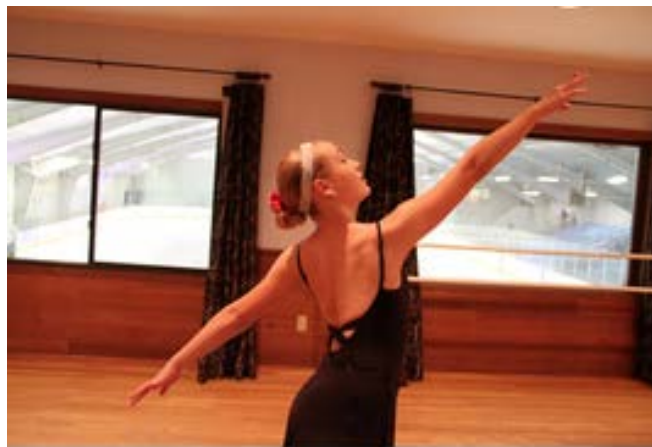


CFSC FALL 2016

Gwen Leonard
Classical Ballet
and
Stretch & Conditioning
at
Colonial Figure Skating Club



CFSC FALL 2016
September 12 - December 10, 2016

Gwen Leonard

Bio Synopsis: Ms. Leonard hails from a breadth of prestigious ballet academies, companies, and teaching experiences. She received a full scholarship for the elite ballet program at American Ballet Theatre and trained with the most acclaimed ballet teachers in the United States. Ms. Leonard performed throughout the United States and Europe with the Stuttgart Ballet, North Carolina Dance Theater, and Broadway Dance Festival. She has taught ballet classes and seminars at ballet schools, for football teams, (Texas University), and at summer skating clinics.

Ballet is key to the development of any skater. Ballet helps to develop overall strength, muscle control, flexibility, speed, fluidity and graceful coordination of all movements. Ms. Leonard's ballet classes are specifically designed for figure skaters, emphasizing alignment, turnout, graceful line, upper body positions, and confidence of movement.



Stretch & Conditioning. Stretching for skaters is absolutely essential. Stretching facilitates proper alignment, higher extensions, turnout, greater movement fluidity and helps to prevent injuries. Muscles that work hard can become tight, and overdeveloped if not properly and frequently stretched. Ms. Leonard combines whole body conditioning with stretching in order to facilitate a clear transition from the ballet studio to the ice.





Gwen Leonard
 CFSC FALL
 9/12 – 12/10/16

TENTATIVE SCHEDULE – WILL FINALIZE BASED ON SIGN-UPS

Classical Ballet and Stretch & Conditioning Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Private Class 3:45 – 4:30 (not available)	Ballet I/II 3:00 – 3:45	Stretch Class 4:30 – 5:00	Stretch Class 4:35 – 5:05	Ballet I/II 9:00 – 9:45am
Stretch & Conditioning 4:40-5:10	Available for Private/Semi-Private 4:00– 4:30	Ballet II/III 5:15 – 5:45	Private 5:10– 5:40 (not available)	Private 9:45 – 10:15 am
Ballet I/II 5:10 – 5:55	Stretch & Conditioning 4:40-5:10	Advanced Ballet 5:45 – 6:30	Advanced Ballet 5:40 – 6:25	Private 10:15 – 10:45 (not available)
				Advanced Ballet 10:45-11:30
				Stretch & Conditioning 11:45-12:15

Calendar,

9/22 – 9/24
 10/19 -10/23
 11/23 – 11/26
 12/10

Boston Open, **No Classes**
 NE Regionals, **No Classes**
 Thanksgiving Holiday, **No Classes**
 Last day of classes in Fall Term



Class Descriptions

Ballet I/II, 45 minutes: This class focuses on posture, basic technique, vocabulary, proper alignment, body positions, and musicality; it also includes the preparation and memorization of choreography.

Advanced Ballet, 45 minutes: Focuses on posture, proper alignment, adagio & allegro combinations, pirouettes, as well as, the continued development of artistic interpretation & performance quality. This class will explore classical ballet styles and themed ballet movements from famous ballets.

Stretch & Conditioning Class, 30 minutes: Focuses on dynamic stretching of quadriceps, hip flexors, hamstrings, adductor, and rotators, all with an emphasis on increasing flexibility for more fluid movements. Conditioning will focus on strengthening the core, back, legs, ankles and wrists, which together with stretch will improve on-ice lines and performance.

Private Lessons, 30 minutes: Private lessons will be tailored to the students needs, on or off ice. They can be used to work on a specific competition program off-ice and then taken on-ice, or they can focus on a specific student's needs, for example, Spanish dance-style movements. Students must be prepared to be attentive and work in private lessons.

Pointe: Pointe classes are given on a private or semi-private basis. Only those students with a strong ballet background, appropriate age, and strength will be considered for pointe class. An audition is required for this class.



Policies

Class Size: A minimum of 3 students (not including walk-ins) is required to hold a class, if 3 students do not sign up for a given class, the class will turn into a 30 minutes private or semi-private class.

Private and Semi-Private Classes: Class size can range from 1 to 2 students. They are 30 minutes long. The price for a single student is \$39/half hour; the price for 2 students is \$20/half hour per student.

Cancellations of Private Classes: You must notify me 24-hrs prior to a cancellation or you will be charged for the class.

There are no refunds.

Missed Classes may be made up.

CFSC FALL 2016
Sept. 12 – Dec. 10, 2016

Gwen Leonard
Classical Ballet and Stretch & Conditioning

Class Registration

Please print this sheet and return to Gwen Leonard, 33 Meyer Hill Drive, Acton, Ma 01720, prior to September 6, 2016. Email gjleonard33@icloud.com with any questions.

Circle your class choices (Please contact me if you would like a private lesson via email):

Monday (13 Sessions)

Stretch
Ballet I/II

Thursday (11 Sessions)

Stretch
Ballet I/II
Advance Ballet

Saturday (11 Sessions)

Stretch
Ballet I/II
Advanced Ballet

Tuesday (14 sessions)

Stretch
Ballet I/II

Friday (11 Sessions)

Stretch
Advanced Ballet

Prices are as follows (NOTE: 3 STUDENTS ARE REQUIRED FOR A CLASS RATE, IF 3 STUDENTS DO NOT SIGN UP RATES&CLASS TIME WILL REVERT TO PRIVATE LESSON RATES):

	MON/TUES 13 CLASSES	THURS 11 CLASSES	FRI/SAT 10 CLASSES
STRETCH	\$117.00	\$99.00	\$90.00
BALLET	\$240.50	\$203.50	\$185.00

- Private lessons are \$39 per 30 minutes for a single student; \$20/ per student for 2 students in a semi-private 30 minutes class.
- Ballet walk-ins are \$20 per class
- Stretch walk-ins are \$10 per class

Name: _____

Address: _____

Email: _____

Telephone: _____

Amount Enclosed: _____

Release: I hereby absolve Nashoba Valley Olympia, Inc., Olympus Realty, Inc., Colonial Figure Skating Club, Nashoba Valley ISI, and all related agents of all responsibilities for injury or illness to the skater below and hold the above parties and their agents harmless from all claims. All skaters participate at their own risk. Signature (parent if skater is under 18) _____ Date: _____ Emergency contact Person: _____ Phone # (____) _____