

Summer Ballet and Stretch 2017

***Gwen Leonard***  
**Classical Ballet**  
and  
**Stretch & Conditioning**



July 5 – August 18, 2017

Gwen Leonard

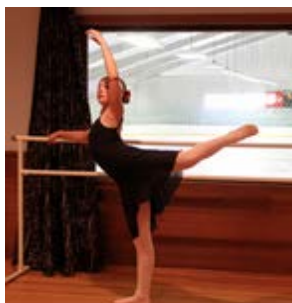
**Bio Synopsis:** Ms. Leonard hails from a breadth of prestigious ballet academies, companies, and teaching experiences. She received a full scholarship for the elite ballet program at American Ballet Theatre and trained with the most acclaimed ballet teachers in the United States. Ms. Leonard performed 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  
Summer 2017

## Classical Ballet and Stretch & Conditioning Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1:00 – 1:45 Advanced Ballet	9:00 – 9:30 Stretch & Conditioning	9:00 – 9:30 Stretch & Conditioning	Stretch & Conditioning 8:30 – 9:00	Ballet II/III 8:30– 9:15
2:00 – 2:30 Stretch & Conditioning	10:10 – 10:45 Advanced Ballet	9:30 – 10:15 Ballet II/III	9:30 – 10:15 Advanced Ballet	Advanced Ballet 9:15 – 10:00 am
4:45 – 5:15 Available for Private Lesson	11:00 – 11:45 Ballet I	10:15 – 10:45 Available for Private Lesson	10:15 – 11:05 Advanced Ballet	Stretch & Conditioning 10:10 – 10:30
	12:00- 12:30 Private booked		11:05 – 11:50 Private booked	
	12:30 – 1:30 Available for Private lessons	3:55 - 4:25 Stretch & Conditioning	Theater for Kids 11:50 – 12:35	

### July 5 – August 18, 2017

7/5	Classes Begin
7/20	No Classes, Testing
8/1	No Classes
8/10 - /12	No Classes Cranberry Open
8/18	Last day of Ballet classes for Summer Skate



### Class Descriptions

#### **Mandatory Contract for Three Students or Classes Will Not be Held.**

**Ballet I:** This class is an introduction to ballet. Basic position of arms and feet will be covered in both barre and center work. Correct posture and turnout will be introduced along with exercises to strengthen both.

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

**Advanced Ballet, 45 minutes:** Proper alignment, Turnout, adagio & allegro combinations, and the continued development of artistic interpretation & performance quality will be covered. There will be specific focus on arm and head movement to improve on ice performance. 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, contacted with parents, 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.

**Theater for Kids, 45 minutes:** Combine dance, music and acting skills to develop stories and bring them to life

## 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, 2 or fewer may turn the time into a 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:** I must be notified 24-hrs prior to a cancellation or you will be charged for the class.

**There are no refunds.**

**Missed Classes may be made up.**



**Class Registration**

Please print this sheet and return to Gwen Leonard, 33 Meyer Hill Drive, Acton, Ma 01720, prior to June 21, 2017. Email [gwendolynileonar@aol.com](mailto:gwendolynileonar@aol.com) with any questions.

Circle your class choices on the ‘Schedule’ page.

**Prices for 6-week sessions (Mon., Tues., Wed. ,Fri.), 5-week sessions (Thurs.), and private lessons:**

- One 45 minute ballet class per week: Mondays, Tuesdays, Wednesdays or Fridays, \$114; Thursdays, \$95.
- One 30 minute stretch class per week: Mondays, Tuesdays, Wednesdays or Fridays, \$57; Thursdays, \$85.
- Private lessons (30 minutes) are \$39 per 30 minutes for a single student; \$20/ per student for 2 students in a semi-private class.
- Ballet walk-ins are \$20 per class
- Stretch walk-ins are \$10 per class

Name: \_\_\_\_\_

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

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

Telephone: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

**Please Review the Calendar so there is no confusion as to dates when class will not be held.**

**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)

Person: \_\_\_\_\_ Date: \_\_\_\_\_ Emergency contact  
Phone # (\_\_\_\_) \_\_\_\_\_