



**SPRINGDALE BALLET and DANCE ACADEMY  
FITNESS CLASSES**

**at  
STAMFORD TWIN RINKS**

**Caitlin Roberts  
Marie Douesnard  
Pam Beyer  
Cheryl Blenk - Fitness**



*The Springdale Ballet Academy Program is divided into three seasons - Fall/Winter, Winter/Spring, & Summer.*

**Twinkle Two's & Three's**

Young children share the joys of dance and music together through movement and rhythm games while learning group and individual participation.

**Pre-Ballet**

Children ages 4 to 5 are introduced to basic ballet in a positive and creative environment.. Students develop a foundation for traditional ballet training as well as a love of movement and music.

**Ballet**

Children 6 years and older study traditional ballet, gaining strong technique including knowledge of terminology, proper body alignment and self discipline.

**Ballet/Tap Combo**

This fun-filled class is designed for the young dancer, introducing them to both ballet and tap dance. The class focuses on movement, coordination, rhythm and basic classroom etiquette.

**Off-Ice Edge Class**

Off-Ice Edge™ Platform Classes - The OIE Platform is specifically designed to engage important muscles and provide strength training to improve on-ice technique, but **off the ice with skates on!** As seen in SKATING and PSA magazines, the OIE Platform is now being used by aspiring competitive, Olympic and World level skaters.

**UNIFORM**

**Twinkle Two's & Three's:**

Comfortable dance clothing

**Girls- Pre-Ballet and Ballet I:**

Pink leotard, any sleeve length, pink tights, pink leather ballet slippers (Capezio)

**Ballet II:**

Black leotard, pink tights, pink leather ballet slippers (Capezio)

**Tap**

Tap shoes or "MaryJane" tap shoes (Capezio)

**Boys - All levels:**

White T-shirt tucked into black tights or cotton lycra shorts, white socks, black ballet shoes

**Off-Ice Edge Class**

Skating attire and skates

Uniform requirements must be followed. Necklaces and bracelets are not permitted in class. Hair must be neatly pulled back. Ballet classes - Ponytails are acceptable for girls 7 and younger, thereafter, buns are required. No jeans are allowed. All ballet shoes must have elastic sewn on instep 1 1/2 in. - 3 in. from the heel seam, (black for boys, pink for girls)

**Missed classes may be made up with the permission of the teacher and may not be carried into the next season cycle**

*Parents week, last week of classes, parents are cordially invited to observe their child's classes) during this special week.*



Stamford Twin Rinks  
1063 Hope Street  
Stamford, CT 06907

www.StamfordTwinRinks.com

## SPRINGDALE BALLET and DANCE ACADEMY

### SCHEDULE OF CLASSES

September 6, 2011- June 15, 2012

Phone: (203) 968-9000 Ext 16

FAX: (203) 321-1522

Wednesday	Thursday	Friday	Saturday
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9:30-10:15  
Pre-Ballet  
4-5 years

10:20-11:05  
Pre-Ballet/Ballet 1  
5-6 years

11:15-12:15  
Ballet I/II  
7-12 years

3:25-4:10  
Pre-Ballet  
4-5 years

2:30-3:15  
Twinkle Two's & Three's  
2-3 years

3:35-4:20  
Fitness  
All ages

4:10-4:55  
Pre-Ballet/Ballet 1  
5-6 years

3:30-4:15  
Pre-Ballet/Tap Combo  
4-5 years

4:30-5:15  
Fitness  
All ages

4:55-5:35  
Off-Ice Edge  
6-11 years

4:15-5:15  
Ballet I/II/Tap Combo

5:35-6:35  
Ballet I/II  
7-12 years

6:35-7:15  
Off-Ice Edge

The teacher has the authority to change a student's class if the level is not suitable.

#### No Classes

Hockey Tournament - Saturday - September 17, 2011

Thanksgiving - Thursday - November 24, 2011

Christmas Vacation - Wednesday, December 21, 2011 - Monday, January 2, 2012

Memorial Day - Monday, May 28, 2012

www.springdalefsc.org

PRIVATE LESSONS AVAILABLE

www.StamfordTwinRinks.com

For adults and students beyond Ballet II,  
we recommend Connecticut Ballet Center.

Connecticut Ballet, 20 Acosta Street, Stamford, CT 06902

# SPRINGDALE BALLET and DANCE ACADEMY REGISTRATION FORM

## September 8, 2011 - June 15, 2012

Please fill out a separate form for each member of the family.

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ M  F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Phone: Home \_\_\_\_\_ Bus. \_\_\_\_\_

Previous ballet experience (new student) \_\_\_\_\_

Check classes desired:

Days	Time	Fall/Winter 9/7-1/28	Winter/Spring 2/2-6/15	Total
Wednesday	3:35-4:20 pm Fitness	19 wks. <input type="checkbox"/> \$304	20 wks. <input type="checkbox"/> \$320	\$ _____
	4:30-5:15 pm Fitness	19 wks. <input type="checkbox"/> \$304	20 wks. <input type="checkbox"/> \$320	\$ _____
Thursday	3:25- 4:10 pm Pre-Ballet	18 wks. <input type="checkbox"/> \$216	20 wks. <input type="checkbox"/> \$240	\$ _____
	4:10- 4:55 pm Pre-Ballet/Ballet I	18 wks. <input type="checkbox"/> \$216	20 wks. <input type="checkbox"/> \$240	\$ _____
	4:55- 5:35 pm Off-Ice Edge	18 wks. <input type="checkbox"/> \$324	20 wks. <input type="checkbox"/> \$360	\$ _____
	5:35- 6:35 pm Ballet I/II	18 wks. <input type="checkbox"/> \$288	20 wks. <input type="checkbox"/> \$320	\$ _____
	6:35- 7:15 pm Off-Ice Edge (Off-Ice Edge Class - waiting list for walk-ons)	18 wks. <input type="checkbox"/> \$324 walk-On - \$25	20 wks. <input type="checkbox"/> \$360 walk-On - \$25	\$ _____
Friday	2:30- 3:15 pm Twinkle Two's & Three's	19 wks. <input type="checkbox"/> \$228	20 wks. <input type="checkbox"/> \$240	\$ _____
	3:30- 4:15 pm Pre-Ballet/Tap Combo	19 wks. <input type="checkbox"/> \$228	20 wks. <input type="checkbox"/> \$240	\$ _____
	4:15- 5:15 pm Ballet I/II/Tap Combo	19 wks. <input type="checkbox"/> \$304	20 wks. <input type="checkbox"/> \$320	\$ _____
Saturday	9:30-10:15 am Pre-Ballet	18 wks. <input type="checkbox"/> \$216	19 wks. <input type="checkbox"/> \$228	\$ _____
	10:20-11:05 am Pre-Ballet/Ballet I	18 wks. <input type="checkbox"/> \$216	19 wks. <input type="checkbox"/> \$228	\$ _____
	11:15-12:15 pm Ballet I/II	18 wks. <input type="checkbox"/> \$288	19 wks. <input type="checkbox"/> \$304	\$ _____

**TOTAL** \_\_\_\_\_

Cash  Check  Visa  Mastercard    Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Cardholder's Signature \_\_\_\_\_ Date \_\_\_\_\_

Check payable: **Stamford Twin Rinks** Return with full payment in person or by mail to:  
**Stamford Twin Rinks, 1063 Hope Street, Stamford, CT 06907**  
**No refunds or credits**

We reserve the right to cancel any class due to insufficient enrollment,  
but every effort will be made to place you in a class at another time.

**Your canceled check or credit card statement is your receipt and confirmation.** (A non-refundable processing fee of \$30 is included in the cost of the class.)

### WAIVER OF LIABILITY

I agree to waive liability and release any and all claims against RivCan Associates, owner ("Owner") of Stamford Twin Rinks (the "Facility"), its owners, Springdale Ballet Academy, and all of their officers, employees and agents for injuries and damages suffered by myself or my children 18 or under, for whom I am signing, during programs at the Facility or while at the Facility for any other reason, whether in ballet class or not.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Legal Guardian \_\_\_\_\_

(if applicant is under 18)

For office use:      Date received \_\_\_\_\_