



# WATER BALLET

**HOSTED BY:**

*THE ACADEMY OF PERFORMING ARTS*

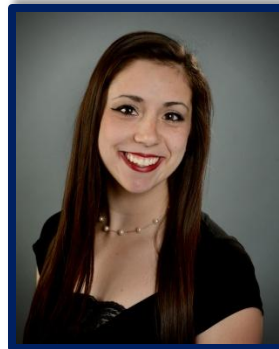


## WHY WATER BALLET!?

### Just a Few Things to Consider:

- Highly Beneficial for Dancers, Figure Skaters, Swimmers, Runners, & other Athletes.
- Highly Beneficial for Senior Citizens and Adults.
- Highly Beneficial for Anyone looking for something to keep them active while having fun.
- Breaks away from Traditional Ballet Classes.
- Supplements Dance or Athletic Training.
- Improves Technique, Flexibility & Form.
- Brings Dedicated Focus to Muscles.
- Aids in Correcting and Perfecting Form.
- Improves Balance.
- Enhances Endurance.
- Promotes Weight-Loss.
- It is a Low-Impact Exercise.
- Builds Stamina without Strain.
- Soothes Aching Muscles/Joints.
- Soothes Arthritic Pain.
- Strengthens your Core.
- Improves Blood Flow.
- Improves Overall Health.
- The Pool is in a Convenient Location.
- The Pool is Heated.
- & The Instructor is Amazing!

**SO, WHY NOT WATER BALLET!?**



### INSTRUCTOR: KAYLA PRICE

- Certified Lifeguard, CPR and AED Trained.
- INSTRUCTOR: (Ballet, Lyrical, Cabaret, Pom-Pons, Jazz, Hip-Hop, & Acro).
- INSTRUCTOR: (Swimming-Basic & Beginner Level).

## CLASSES FOR: SENIORS, ADULTS, STUDENTS, & ATHLETES

### WHERE:

NORRIS CENTER AQUATIC CENTER  
LAKE SUPERIOR STATE UNIVERSITY  
1000 MERIDIAN STREET  
SAULT SAINTE MARIE, MI. 49783

### CLASSES BEGIN:

FRIDAY, SEPTEMBER 15<sup>th</sup>, 2017

### CLASSES END:

FRIDAY, DECEMBER 22<sup>nd</sup>, 2017

### COST:

\$175.00 for a 13 Week Session.

### CLASS TIMES:

SENIOR/ADULT:	4:00 P.M.
STUDENT/DANCER/ATHLETE (AGES 8-12):	5:15 P.M.
STUDENT/DANCER/ATHLETE (AGES 13 & UP):	6:30 P.M.

### TO REGISTER PLEASE CONTACT:

Christin McKerchie at 906-440-9397  
or Luanna Armstrong at 906-253-2180.