

Ballet for Skaters



Ballet classes are being offered to all skaters from beginner to advanced levels. Classes will be held on Saturday mornings by Aleks Vuckovic. Aleks is trained in classical and contemporary ballet and focus will be on movement and expression to music. Her classes will be held at the Teralba community Hall on Anzac Rd Teralba. This is 10mins from the ice rink.

Please Phone Aleks on -0415139738 to book into a class.

Advanced Class (Prelim and above levels) - 9.30am to 10.30am- Cost is \$10

Beginner Class (Skate School levels) - 10.45am to 11.30am- Cost is \$8

Skaters Stretch Class

Flexibility and correct stretching is an extremely important part of figure skating. Learn how to stretch with Hayley Dellaca who is a Personal trainer, specialising in sports training. Classes also to be held at the Teralba Hall on Saturday mornings.

Advanced Class (Prelim and above) – 10.30am to 11.30am- Cost is \$10

Beginner Class (Skate School Levels) – 11.30am to 12.30am- Cost is \$8

Contact Hayley on 0417301608 for class bookings and inquiries.

Ballet and Stretch class's starts back Saturday 9th February

Off-Ice Training



Off-Ice Training helps develop strength and fitness for figure skating. Learn exercises to help develop skills required for jumping and rotating. Classes will be held at the Teralba Hall and in the park land nearby, and will be coached by Amy. They will commence at a later date.

Please phone Amy on 0438655236 for any inquiries and bookings. Both advanced and beginner classes. Notice will be given prior to commencing.