

Ballet for Figure Skaters

A 1-Day Seminar: Off-Ice and On-Ice Instruction

Sunday, May 1, 2011

12:00 p.m. – 2:15 p.m.

Grundy Ice Arena

475 Beaver Street, Bristol, PA

Hosted by **Colonial Skating Club of PA**

During this seminar, skaters will receive:

- One hour of off-ice ballet instruction, followed by
- One hour of on-ice application of ballet skills

Who should attend?

Skaters of all ages and abilities who wish to:

- Perform choreography with artistic integrity
- Improve posture and grace of movement
- Bring style and musicality to skating programs
- Recognize and achieve proper body alignment

Cost: \$60 per club member
\$70 non club member

Information: Contact Mary Jane Tropiano at (215) 728-7323 or mjtropiano@aol.com for registration details

About the instructor: Cindy Rosenfeld is a classically-trained dancer with a master's degree in dance from American University. She started skating as an adult, and participates in USFS-sanctioned competitions. She works as a ballet specialist at clinics and training camps, and also provides private on-ice and off-ice consultation. cindygrosefeld@gmail.com

Make checks payable to Colonial Skating Club
Mail registration form and check to:
Mary Jane Tropiano 7949 Ferndale St. Philadelphia, PA 19111

Skater's Name _____ Sex _____ Birth date _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone(_____) _____ USFSA or Basic Skills #* _____ Home Club _____

Email Address _____

Highest Test Passed: Freestyle _____ Moves _____ Dance _____ Basic Skills _____

Coach's name _____ Coach's Phone (_____) _____

Coach's Email _____ Amount Enclosed: _____