

Release Your Inner Swan!

Silver Swans® Licensees are trained specifically to teach ballet to adults over 55s with a range of abilities but all ages are welcome. Open, fun and accessible, these classes will help improve your mobility, posture, coordination, and energy.



What to wear to Silver Swans Ballet Class

- Whatever makes you feel comfortable and can move easily with you.
- We suggest layering as you can 'peel off' clothes as the class progresses if desired
- We recommend Ballet slippers; the [MDM brand](#) has a special support range too.
- Hydration is key, so bring a water bottle

What Can I Expect from a Silver Swans Class?

- We commence class with a welcome circle to begin the warm-up. This also gives our Specialist teachers to check in with each Swan attending the session for any particular areas to be mindful of such joint restrictions, injuries etc..
- We use traditional and popular classical music that works seamlessly with each movement & setting. We use "Swans Choice" music list that you will fill out upon enrolment, from Tchaikovsky, Broadway melodies we embrace music that moves us!
- Our 45 minute class builds from smaller movements on the barre to a broader range of motion with various levels of experience catered for in each exercise .
- We use encourage correct ballet terminology and also explore music preferences and choreographic influences that relate to actual ballets to add to your Silver Swans journey - we love recognising the music and skill elements when we are in audiences
- We work towards adapted repertoire pieces for a sense of personal achievement
- We take the class seriously but not ourselves too seriously !

What can you expect from a Silver Swans Experience

- A welcoming place to slowly re-awaken your body to the magic of ballet music and movements that will leave you feeling refreshed & invigorated!
- Camaraderie! We offer tea/coffee after class to wind down and connect with others.
- We also enjoy group excursions to the theatre and other social events.

Ms Catherine and her team look forward to welcoming you to our program where we can support and encourage you literally every step of the way! Classes held Tuesdays 5.15pm & or Friday 11.30am

Next Silver Swans 6 week Course starts soon

Cost \$132.00 (Includes Tuition, music, video & home support resources & dance insurance)

Special Offer : Book 3 courses or more to receive a BONUS pair of leather ballet shoes

- **August 3rd - September 7th** (option for Excursion to Australian Ballet Onstage Class)
- **September 14th - October 19th** (option for Excursion to Australian Ballet Onstage Class)
- **October 26th - November 30th** (option for Excursion to Australian Ballet Onstage Class)

Send us a message at office@dancestruck.com to begin our Silver Swans journey together.

Why Silver Swans® at DanceStruck?

We are trained and deliver specially designed for older learners. Silver Swans® ballet classes will help improve your mobility, posture, coordination and energy levels. We love to share the magic of ballet no matter what your age or level of experience, you will delight in our weekly classes, I'll save you a spot at the barre!

Nine Ways in Which Dance Can Improve Your Life

- Dance increases your energy levels
- Dance can help reduce stress and support weight loss
- Dance can reduce the risk of cardiovascular disease
- Dance slows ageing by improving the immune system
- Dance classes are a great way to expand your social circle/ meet new people
- Dance can help diminish the symptoms of depression
- Dance improves balance, resulting in fewer falls later in life
- Dance increases cognitive ability by promoting new connections in the brain and may even help stave off dementia in later life
- Dance whatever your age and wherever you feel comfortable, but if you're an older learner, the social benefits of joining a dance class will also enhance

Improve Your Dance-Life Balance

The health benefits of dance are well documented including how ballet can play a vital role in ensuring a longer and better quality of life.

Silver Swans classes can also be great places to meet new people with a passion and joy for life. Join us weekly to meet new people and to share your love of Ballet

Added benefits of DanceStruck's Silver Swans Program

Social Excursions

September 3rd 2021: Melbourne Arts Centre to observe Australian Ballet take company class onstage

September 17th 2021: Melbourne Arts Centre to observe Australian Ballet take company class onstage

October 2021 National Theatre to observe Royal Academy of Dance Solo Seal Examinations on stage



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