



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT BALLET

## ADULT BALLET CLASSES For Ages 18 AND OVER



This program is designed for any adult interested in learning how to dance ballet at a beginner level. This class is taught by Wendy Baldanza who has performed and instructed ballet for over 25 years. Register online at [ymcatrivalley.org](http://ymcatrivalley.org) under "Healthy Living Programs" or in person at the Rome YMCA. Checks should be made payable to the Rome YMCA. This is a 6 week program which is limited to the first 8 participants.

**WHEN:** Tuesdays only January 9th –February 13th.

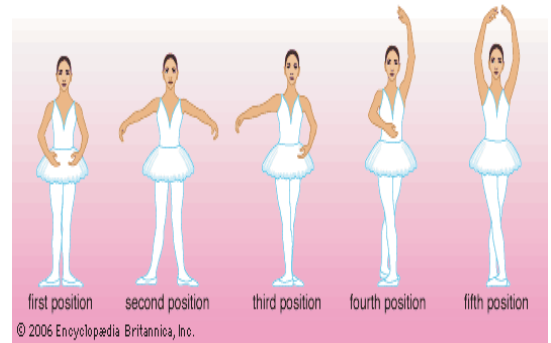
**TIME:** 5:45 pm –6:45 pm

**WHERE:** Rome YMCA, Group Exercise Room 3rd Floor

**AGES:** 18 and Over

**COST:** \$40 Members \$75 Non-Members

**LOCATION:** Rome Family Y 301 W Bloomfield St. Rome, NY 13440



Please submit the bottom half of this form to the front desk at the YMCA along with payment.

Name of student: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

Email: \_\_\_\_\_ Rate \$40 Members \$75 Non-Members

Parent or Guardian Name print: \_\_\_\_\_ Date: \_\_\_\_\_

**Waiver Release Information:**

I understand that my participation in this activity involves certain risk and regardless of the precautions taken by the YMCA staff and volunteers injuries can occur. Therefore it is incumbent upon me to make sure I listen to all instructions given by staff to insure my safety. I also certify that the present level of my physical condition is consistent with all the demands of participating in this class. Knowing this I agree to absolve, and hold harmless the YMCA of the Greater Tri Valley, the organizers, coach/instructors along with any volunteers, in the case of an injury to my self while participating in this Ballet Class.

Signature : \_\_\_\_\_ Date: \_\_\_\_\_

For more information contact Bruce Hairston  
at 315.336.3500 x 228 or [bhairston@ymcatrivalley.org](mailto:bhairston@ymcatrivalley.org).