



Sheila Summers, a licensed Silver Swans instructor, will be teaching a ballet class for adult dancers, 55 and older. (Younger adults are also welcome.) This is a specially designed ballet class for older learners to help improve mobility, posture, co-ordination and energy levels. No previous ballet experience is needed. Dance is not just good for you physically, but also emotionally and psychologically. Come and join us, whatever your age and ability!



*Specially designed for older learners, Silver Swans® ballet classes will help improve your mobility, posture, co-ordination and energy levels. Dr. Anne Hogan, director of education for the Royal Academy of Dance, says: 'People aged 50 upwards are looking for a type of exercise that suits their body. High-impact exercises such as running are not going to be beneficial to most in that age group. Ballet helps refine balance, flexibility and core strength.'*

**INTRODUCTORY 5-WEEK SESSION \$50**  
**5 Saturdays, 9:00-10:00 am**  
**Starting Saturday, 11/10**  
11/10, 11/17, 12/1, 12/8, 12/15

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WILKERSON DANCE STUDIO, LLC  
1114 W. North Street  
Greenfield, IN 46140  
317-462-1673  
wilkersondance@gmail.com  
ONLINE REGISTRATION  
[www.wilkersondance.com](http://www.wilkersondance.com)