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The School of Dance
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**The
School of Dance**

The School of Dance presents

Silver Swans®

Online Ballet Classes for Older Adults



Join teacher **Annemarie Cabri**
online from Toronto!

Thursdays
March 24-May 12, 2022
10:00-11:00am EST

\$20+HST/class or
\$155+HST for all 8 classes

Specially designed for older learners, Silver Swans® classes will help improve your mobility, posture, co-ordination and energy levels. Along with learning technical ballet exercises, Annemarie will teach adapted choreography from Sleeping Beauty!

To register, contact registrar@theschoolofdance.ca or call 613-238-7838.

Silver Swans® is a programme developed by the Royal Academy of Dance and classes are only taught by Silver Swans® Licensees.

Photo of Annemarie Cabri by I.V.