

# BALLET LESSONS

 Centre for  
Newcomers

 ALBERTA  
BALLET



**FREE**

—  
Newcomer youth  
aged 10-13  
—

**2023**  
**JULY 17- 29**

**15 spots available**

**2PM – 3PM**

**CFN Youth Space**  
125, 565 - 36 Street NE  
Calgary, AB T2A 6K3

**SCAN THE  
QR CODE TO  
REGISTER**

<https://forms.gle/B9oWMs3heMZngyUq5>



For more information, please email  
[youthprograms@centrefornewcomers.ca](mailto:youthprograms@centrefornewcomers.ca)

Ballet is an art form created by the movement of the human body. Through dancing, participants learn to tell a story, share a thought, or connect with an emotion.

Ballet has so many benefits! It can improve posture, build muscle and agility, improve flexibility, improve sensory skills and learning abilities, develop persistence and problem solving, and help build confidence. It is a great workout that releases "happy hormones" to destress and help with concentration and focus. Not to mention it is a great opportunity to meet new friends! So come on out and get that creative movement flowing

## **BALLERINAS:**

Stephanie Kurlow (Australian, credited as being the world's first Hijabi Ballerina), Misty Copeland (first Black principal dancer @American Ballet Theatre), Karina Gonzalez Edwards (Venezuelan, Houston Ballet's first Hispanic principal dancer), Michaela DePrince (Sierra Leone, American Ballet Theatre, overcame adversity as an orphan in a war-torn country, has vitiligo), Ella Havelka (Wiradjuri dancer, first Aboriginal dancer at Australian Ballet), Charlotte Nebres (11 year old Black ballerina), Stella Abrera (American Ballet Theatre first Filipino-American principal dancer).