

# Improved strength, flexibility and balance through ballet

It's never too late to join the  
Over 50s Ballet worldwide trend.



Have you ever wanted to learn ballet or  
reacquaint yourself with it from your youth?

Senior Swans® is a carefully designed structured syllabi specific for the mature dancer, inclusive of strength building exercises, artistic expression and formal ballet training that takes dancers from beginners through the grades, improving mobility, strength, balance and posture, as well as an enhanced sense of wellness.

ACC accredited  
classes through  
their Live Longer,  
Live Stronger  
program.

Contact Michelle for class locations 027 292 8192

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 over50sballettauranga

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Over 50's  
Ballet  
TAURANGA



# Over 50's Ballet

Strength • Flexibility • Balance • Mobility • Posture



Fun, socialisation and enhanced sense of wellness



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