

2016



- where athletes take the beat and soar -

Dance Technique & Conditioning

- ◆ Perfecting skill leaps, turns, jumps, and other tricks
- ◆ Conditioning classes
- ◆ Injury prevention
- ◆ Strength, flexibility, endurance, cardiovascular fitness
- ◆ Stretching and balance
- ◆ Core Strength

LOCATED AT



5103 CARLISLE PIKE
MECHANICSBURG, PA 17050
PHONE: (717) 737-6362
EMAIL: ATHELITEDANCE@GMAIL.COM

TRAINERS: ABBY POLICASTRO – LINDSEY TEDESCO – LAURA CHAU

- THIS PROGRAM HAS LIMITED SPACE -

- 30 DANCERS PER CLASS - WAITING LIST IS AVAILABLE -

Dance/Conditioning Waiver

Name: _____

Address: _____

Address #2: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Emergency Contact (Name & Phone): _____

PLEASE
CIRCLE LEVEL:

• BEGINNER/
INTERMEDIATE

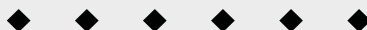
• ADVANCED

I accept full responsibility for my use of the equipment, services and facilities of *AthElite Dance* at Momentum. I understand the associated inherent risks of such use and hereby release *AthElite Dance*, Momentum, and its employees from all claims or liabilities for personal injury or property damage of any kind sustained while on the premises and/or participating in any related *AthElite Dance* at Momentum program.

Parent/Guardian Signature: _____ Date: _____

Please make checks payable to Momentum.. Questions or concerns? Call or email Abby Policastro.
Please send payment and waiver to: Abby Policastro * 33 Highland Drive * Camp Hill, PA 17011

Thank you!!!



Lead Instruction Provided by: Abby PolICASTRO



- ◆ 18 Years Dance Experience
- ◆ Bachelor of Science Degree in Exercise Science
- ◆ Towson University Dance team 2000-2003
- ◆ Won 3 National Championships
- ◆ Won 2 Grand National Championships
- ◆ 14 Years Teaching Experience

CERTIFICATIONS

American College of Sports Medicine (ACSM)
Les Mills: BodyAttack, BodyStep, BodyJam
PILOXING Trainer, TRX Trainer
Zumba Instructor

” This program is designed to fuse athleticism with dance and will help prepare the girls for a collegiate dance team and their dreams of dancing professionally. ”

Athelite Dance

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YOUNG DANCERS WILL
EXPERIENCE STRENGTH,
FLEXIBILITY, ENDURANCE
& CARDIOVASCULAR FITNESS
CONDITIONING IN ADDITION
TO DANCE TECHNIQUE.

LOCATION:

Momentum Fitness Center
5103 Carlisle Pike
Mechanicsburg, PA 17050

AGES:

7-18 years olds

COST:

\$300.00 per person
*Be sure to ask about our
SISTER DISCOUNT

DATES:

Six Weeks: June 20 - July 28

****EARLY BIRD SPECIAL****

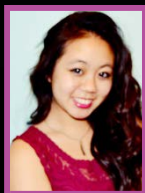
Register & Pay by May 1 = \$270

See reverse side for
Registration Waiver



ASSISTANT INSTRUCTION PROVIDED BY:

Laura Chau



College: University of
Pittsburgh
Major: Health Information
Management

Dance experience: 10 years

Dance teacher: 1 year coaching
assistant & 1 year dance
choreographer

Goal for girls: Promote a positive,
energetic dance experience
that includes acquisition of skills

Lindsey Tedesco



College: Indiana University
of Pennsylvania

Major: Exercise Science
Dance experience: Danced

since age 4: Ballet, Jazz, Tap,
Jazz, Modern, Hip Hop & Lyrical.

Dance teacher: 7 years experience:
IUP Dance Explosion Coach for 2
years; Member for 3 years

Goal for girls: To learn how to properly
execute dance tricks and to feel
confident in their dance abilities!

CLASSES: MONDAYS & WEDNESDAYS

11:30 AM TO 1:30 PM - ADVANCED DANCERS

In addition to fitness conditioning, this dancer should already have a broad understanding of dance: advanced turns (doubles-triples-fouettes), leaps (switches, switch opens), and jumps/tricks (toe touches, around the worlds, pikes).

CLASSES: TUESDAYS & THURSDAYS

5:00 PM TO 7:00 PM - BEGINNER/INTERMEDIATE

In addition to fitness conditioning, this dancer will be introduced to fun choreography, turns (singles-doubles-basic fouettes), leaps (split and straddle), and jumps/tricks (toetouches).