

STAYING BALANCED

Join Ballet West Academy sponsor, Intermountain Health for an upcoming health lecture series focused on female athlete's health and performance.

This presentation is the first in a three-part series on helping girls learn valuable insights on how to enhance athletic performance and overall well-being!

The first of the series "Staying Balanced as a Young Female Athlete: Optimizing Performance while Avoiding Pitfalls", will be presented Tuesday, April 30, 2024, by Carrie Jaworski, MD, Sports Medicine Physician and Associate Director of Sports Performance, 6:00-7:00 pm at Park City Hospital, 900 Round Valley Drive, Park City, UT - Blair Education Center.

These lectures are for young female athletes and those who support them! They are offered free of charge. If you are interested in attending, please RSVP to Robyn.Hase@imail.org If you have questions, reach out to Robyn Hase at 435-658-6714.



Professional Training Division 1 Ladies with Stacey Mahan

HARVARD BOUND

In this season on college announcements, we would like to announce that beloved faculty member, Jessica Baynes, is moving on to pursue a Master's of Education in Human Development and Education with a concentration in Arts and Learning at the [Harvard Graduate School of Education](#) to develop skills in pedagogy, curriculum design, and research in the dance field.

Jessica teaches upper division contemporary, Pilates, and flamenco classes. Her favorite Ballet West Academy memory is Choreographing "Prelude for Five Pieces" for the [Ballet West](#) production of "United Together All" with the Ballet West Orchestra in Capitol Theatre in 2022. The concert collectively raised \$10,000 for Ukrainian refugees.

Jessica will be teaching an Intro to Flamenco class this Saturday, April 27th - 5:00 pm at Trolley Corners. You'll be introduced to a variety of Spanish rhythms, footwork, and upper body movements. Repetitive, slow movements support the beginning Flamenco dancer in learning to combine steps in succession while incorporating hand movements. Join us for a class in this expressive, passionate movement style! The class is only 1 hour long, no dance experience is required and all ages are welcome! [Register here.](#)



UPCOMING EVENTS AND PERFORMANCES

- **Spring Showcase: Park City Campus** - May 11th *Flower Festival* 11:00 am [purchase tickets here](#), and *Ballet and Broadway* 6:00 pm [purchase tickets here](#), at the Eccles Center in Park City.
- **Spring Showcase: Salt Lake City Campuses Upper School** - *Sleeping Beauty Suite with Allegro Brillante* and *Airs de Ballet* May 16th - 18th 7:00 pm at The Rose Wagner Theatre. [Purchase tickets here.](#)
- **Spring Showcase: Trolley Corners Campus Primary School** - *The Enchanted Forest* May 18th 10:00 am and 12:30 pm at The Rose Wagner Theatre. [Purchase tickets here.](#)
- **Spring Showcase: Utah County Campus** - *La Boutique Fantasque* May 25th 1:00 pm and 5:30 pm at Mid-Valley Performing Arts Center. [Purchase tickets here.](#)
- **Final Day of Classes for the Season:** May 25th Enjoy summer dancing, and don't forget to register for fall classes!

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