Ruth Smrek-Balestra attended her first dance lesson at the age of 10. Ruth's primary focus in dance over the past twenty five years has been Ballet, Jazz, and Modern Dance, and these are the classes she loves to teach.

While pursuing her Bachelor of Fine and Performing Arts degree at YSU, she worked on refining her classical ballet and modern dance techniques. At Youngstown State University, Ruth served as president of the "YSU Dance Ensemble", and she also performed in several theater and dance productions. At Kent State University, Ruth studied, "Lester Horton" and "Jose Lemon" modern dance techniques, ballet and improvisation, which all contributed towards her BFA degree. Besides teaching at her studio, Ruth currently teaches dance at St. Luke's and Holy Family preschool and kindergarten two days a week.

In January of 2007, the Senior Dancers at Ruth's were accepted to dance at Disney World through the "Disney Magic Music Day's Program" at Magic Kingdom. In December 2007, Ruth was chosen to be the Local Dance Coordinator for the Moscow Ballet's, "Great Russian Nutcracker", held at De Yor Performing Arts Center. In April of 2008, Ruth took many dance students to New York to study ballet with Finis Jhung, a former legendary principal dancer with the Joffrey and San Francisco Ballet Company's. In November of 2010 and July of 2013 several of Ruth's dance students were chosen by New York City, talent scout Peter Sklar, to attend a "Beginning workshop" in New York where they were taught how to act, sing and dance by cast members from Broadway. At the end of the workshop, students performed at an off Broadway theater in New York city in front of directors and producers on Broadway. On January 5th, 2012, Ruth's dance students were chosen to perform during the halftime show at the Orange Bowl football game in Miami.

Over the last six years, Ruth's dance recitals have been created from Broadway productions to create artistry on the stage. Students of all ages have been taught to dance, act and sing to the following musicals; "Highlights from the Lion King", "The Phantom of the Opera", "Mama Mia", "Rogers and Hammerstein's - Cinderella", Broadway's - "The Little Mermaid", "The Lord of the Dance" and "Wicked" and this past year's production of "Tangled" and "Jersey Boys".

Ruth choreographed several productions for the Young-stown Playhouse, including; "Can Can", Mame", "Cinderella's", "Rogers and Hammerstein", and "Idora Park". Ruth is a former Ruth Smrek-Balestra continued choreographer for the Struthers Show Choir. Ruth has been the choreographer for several high school dance lines over the years. Some include; East Palestine, Boardman, New Springfield, Liberty, and Wilson. Ruth also has choreographed several pieces for the Dana School of Music concert series during her college years.

Ruth's Dance and Fitness Co., LLC, now in it's 24rd year, is built on the foundation of Ballet and correct technique. Ruth stresses safety awareness as a top priority while working with her students. Ruth is also a certified Group Exercise instructor through NETA, AFAA, American Aerobic Association, and International Sports Medicine Association.

# **CLASS SCHEDULE FALL 201+**



5:00-5:50pm **Private Dance Class** 6:00-6:45pm Body Strengthening (Ruth) 6:45-7:15pm Step Aerobics (Ruth) 7:30 - 9:00pm Ball Room Dancing

#### Tuesday

4:00-4:50 pm Chidren's Jazz III & IV (7-11 yrs) 5:00-5:50pm Children's Ballet III & IV (7-11yrs) 6:00-6:50pm Body Strengthening (Marty) 6:50-7:15pm Step Aerobics (Marty)

## Wednesdy

9:00 -10:30am Yoga with Ann Cliness 5:00 - 5:50pm Children's Ballet 1 (4-6 yrs) (Ruth & Katie) 6:00-6:50pm Beginner to Intermediate Tap - (11-18vrs) Christina

#### Thursday

4:00-4:50pm Junior Jazz (11-14yrs) Junior Ballet (11-14vrs) 5:00-5:50pm 6:00-6:50pm Body Strengthening (Marty) 6:50-7:15pm Step Aerobics (Marty)

## Friday

### Saturday

10:30-11:20am Children's Ballet I & II (5-7yrs) 11:30 -12:20pm Junior Ballet I (8-12yrs) 12:30-1:20pm Senior Ballet Technique & Pointe (Ruth)

1:30 - 2:30 pm Senior Ballet Variations (Ruth)

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