

# SRC NEWSLETTER

VOLUME 15 ISSUE 8

AUGUST 2021

SKAGWAY RECREATION CENTER (SRC)

*Cooper Lynn Hays*



Join Madam Cooper for an introduction to basic burlesque movement with tips and tricks on the bump and grind. Learn to strut your stuff with confidence and flare. Discover your inner Goddess divine and bring her out to shine! This class will focus on movement accessible to any level of burlesque experience, including brand newbies that have never tossed a boa over their silky shoulder.

*During the two sessions, you will learn a choreographed group routine that will be performed Saturday, August 14th onstage during the .....*

## Skagway Exposé Burlesque Show



Monday, Aug. 9

7-9pm

**Days of 98 Theatre**

Tuesday, Aug. 10

7-9pm

**Skagway Rec Center**

Saturday, August 14

**Dress Rehearsal &  
Performance**

Workshop cost is **\$75** and includes your ticket to the burlesque show on Saturday night (a \$40 value).

**Ages 21-121**

**(All genders welcome and encouraged)**

REGISTRATION: [WWW.SKAGWAYEXPOSE.COM](http://WWW.SKAGWAYEXPOSE.COM)

### CHECKLIST:

- Dance shoes are great if you own a pair. Leather soles are ideal. Yet if you have no dancing shoes, fret not and wear your socks).
- Bring your beautiful self exactly the way you are and find some hidden treasures within you too.
- Because it is hard to get supplies swiftly in our sweet remote berg, an advance heads up: the stage performance will call for **all black costuming**. A stretchy dress, hot pants, even leggings will work. Cute black tops, bras, lacy negligees, black tights, fishnets, bodysuits, top hats fascinators and jewelry are all a go!

*Let's shake some tail  
feathers and give  
ourselves some glamour!*

**THE REC CENTER IS LOOKING FOR  
NEW SPINNING INSTRUCTORS!  
LIVE TEACHER TRAINING WITH  
SABRINA FAIRCHILD  
FROM MADDOG ATHLETICS  
COMING IN SEPTEMBER!**



Location:

Skagway Recreation Center  
1200 Main Street.  
Skagway, AK 99840

### **Teacher Training**

#### **Spinning® Instructor Certification**

Thursday, September 23rd, 2021  
8:00am to 5:00pm

#### **SPINPower® Instructor Certification**

Friday, September 24th, 2021  
8:00am to 5:00pm

#### **Rockstar Spinning® Instructor Certification**

Saturday, September 25th, 2021  
8:00am to 5:00pm

### **Continuing Education**

#### **Personal Spinning® Threshold**

Sunday, September 26th, 2021  
8:00am to 12:00pm

#### **Loops and Ladders**

Sunday, September 26th, 2021  
12:30pm to 2:30pm

#### **The Art of Recovery**

Sunday, September 26th, 2021  
3:00pm to 5:00pm

**REGISTRATION LINKS UNDER SPECIAL EVENTS AT  
WWW.SKAGWAYRECREATION.ORG**

## **AKInverted Workshops in August**



AKInverted is coming to Skagway to perform in the Skagway Expose August 12-14! They are extending their expertise to the Skagway community with four sensual dance workshops including two Beginner Pole Fitness Workshops and two Liquid Motion Workshops.

### **Beginner Pole Fitness Workshop**

**Friday , August 13: 3:30pm**

**Saturday. August 14: 2pm**

This class welcomes a maximum of 6 students, so get your spot as soon as possible! The Beginner Pole Fitness Workshop will introduce core components of Pole Fitness including flow and dance movement as well as conditioning and strength based movement. Suitable for any level of fitness and no experience necessary. Shorts are mandatory, no jewelry.

### **Liquid Motion Workshop**

**Friday , August 13: 5pm**

**Saturday. August 14: 3:30pm**

Learn the fundamentals of sensual floorwork. Liquid Motion focuses on movement that begins with tilting and tucking of the pelvis to expand sensual movement throughout the body in an artistic and self-exploratory way. Suitable for beginners and all fitness levels.

Please visit [www.akinverted.com/classes](http://www.akinverted.com/classes) to register for your spot today!

**The Skagway Recreation Center**  
**PO Box 868 Skagway, AK 99840**  
**907.983.2679 [reccenter@skagway.org](mailto:reccenter@skagway.org)**  
**[www.skagwayrecreation.org](http://www.skagwayrecreation.org)**