

# Winter/Spring 2019 Adult Classes

- **Intro to Ballet:**  
Recommended for students with little or no dance training.
- **Ballet 1:**  
Recommended for students with a minimum of one year of classical ballet experience.
- **Ballet 2:**  
Recommended for students with a minimum of two years of classical ballet experience.
- **Ballet 2/3:**  
Recommended for students with a minimum four years of classical ballet technique.

\* Tuition: 6 Classes \$120, 12 classes \$215.00, 20 Classes \$320.00, Single Classes \$30

College Student & Military Rate: 5 Classes \$75.00, 8 classes \$105.00

*\*Class cards are non-refundable and expire five months after date of purchase.*

## Winter/ Spring 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro to Ballet 7:30 - 9:00 p.m. Jonson	Ballet 2 7:00 – 8:30 p.m. Jonson	Ballet 2 11:30 a.m.-1:00 p.m. Galdy	Ballet 2/3 7:15 – 8:45 p.m. van Dorsten  Ballet 1 7:30 - 9:00 p.m. Jonson		Ballet 2/3 10:00 - 11:30 a.m. Yang

## Welcome to The Raleigh School of Ballet's Adult Program

Thank you for purchasing an Adult Class Card.

- This card is kept on file in the RSB office and is good for five months from the date of purchase.
- Cards are not refundable
- When you come to class you will stop by the office and ask for your card.
- Your card will be dated, and handed to you to present to the teacher of the class. The teacher will return the card to the office after class

In keeping with the tradition of a disciplined ballet environment and in order to run our adult classes as smoothly and efficiently as possible we ask that you abide by the following policies and procedures:

- If you are running late please call (919) 834-9261 to let us know. Sometimes office staff is unavailable and we need to lock the door. If we know you are running late we will wait to do that.
- If you arrive after the class has started please wait until between exercises to enter the classroom.
- Please take all valuables into classroom.
- Please remember to silence or turn off cell phones.
- Please let the teacher know if you have an injury that she/he should be aware of.
- No gum, food or drink (except water bottles) is allowed in the classroom or dressing room.
- Adult students should wear class attire that is comfortable, non-constricting and allows freedom of movement. It important to wear something that you feel good wearing. Remember, the less extra articles of clothing you wear, the easier it is for the teacher to provide correction.

### **Ballet Class Etiquette**

There's really no talking in Ballet classes, whether you are a kid starting out, a teen studying for exams or a grown-up there for fun. It's an hour to concentrate on the teacher and on your own body, and your dancing improves with no distractions like comparing yourself to or gossiping with the person next to you.

It's the same quiet calm as a yoga class, although a good teacher will include a few well placed laughs. A good Ballet class has a quietly courteous atmosphere

### **Ballet Attire**

Women: We recommend solid colored leotards, pink or black tights or yoga pants or leggings. Skirts and leg warmers may be worn, and a light sweater or over-shirt. Ballet slippers are required.

Men: We recommend black tights or fitted sweat pants, plain colored t-shirt and dance belt. Ballet slippers are required.

We hope you enjoy your classes and please do not hesitate to contact us if you have any questions or concerns.

Susan Galdy & Mary LeGere  
School Directors