

# Winter & Spring 2020 Adult Ballet Classes

**Intro to Ballet:** Workshops 2 & 3 are specifically designed for adults with a desire to learn ballet but have no prior experience. Students will learn the steps and vocabulary of a basic classical ballet barre. A review for new and returning students will be held on the first day of each session.

- Tuition: \$160 per session, \$300 for both sessions
- \*No refunds for missed classes
  - Winter workshop: Mondays 7:45 – 9:00 p.m. January 6<sup>th</sup> – March 9<sup>th</sup> (no class January 20<sup>th</sup>)
  - Spring workshop: Mondays 7:45 – 9:00 p.m. March 16<sup>th</sup> – May 18<sup>th</sup> (no class April 6<sup>th</sup>)

**The Dancer’s Workout®:** For course description, registration, and tuition information please visit: [www.thedancersworkout.com/mindbody](http://www.thedancersworkout.com/mindbody)

The following adult classes may be taken using a valid Adult class card

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

College Student & Military discounted rate: 5 Classes \$75.00, 8 classes \$110.00

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

- **Beginner Ballet:** Recommended for adults with little or no dance training as well as students that would like to refine and improve their technique, posture and alignment.
- **Advanced Beginner Ballet:** Recommended for adults with a minimum of one year of classical ballet experience. This class will focus on refining the basic ballet technique while introducing more advanced steps at the barre and center.
- **Intermediate:** Recommended for students with a minimum of two years of classical ballet experience. This class will continue to focus on the use of proper posture and alignment while introducing more complex combinations, concentrating on the use and coordination of arms and head.
- **Advanced Intermediate:** Recommended for students with a minimum four years of classical ballet technique. This class will offer complex combinations at the barre and center focusing on both artistry and technique.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner Ballet 11:30 – 1:00 p.m. Galdy	The Dancer’s Workout® 11:45 – 12:45 p.m.	Intermediate Ballet 11:30 – 1:00 p.m.  The Dancer’s Workout® 11:45 – 12:45 p.m.	The Dancer’s Workout® 11:45 – 12:45 p.m.	The Dancer’s Workout® 11:45 – 12:45 p.m.	Adv. Intermediate Ballet 10:00 – 11:30 a.m. Yang
Intro to Ballet Workshop 7:45 – 9:00 p.m. Jonson	Adv. Intermediate Ballet 7:00 – 8:30 p.m. Jonson	Adv. Beginner Ballet 7:30 – 9:00 p.m. Jonson	Intermediate Ballet 7:30 – 9:00 p.m. Jonson		