

| June 2021 Adult Schedule | | | |
|--|--------------|----------------|------------------------|
| All classes are in-studio/online hybrid | | | |
| MONDAY | | | |
| Level | Class | Teacher | Time |
| Advanced Beginner | Ballet | Jonson | 7:30 - 9:00 p.m. |
| Wednesday | | | |
| Intermediate | Ballet | Galdy/Yang | 11:30 a.m. - 1:00 p.m. |
| Beginner Ballet | Ballet | Jonson | 7:30 - 9:00 p.m. |
| THURSDAY | | | |
| Intermediate | Ballet | Jonson | 7:30 - 9:00 p.m. |
| SATURDAY | | | |
| Advanced Intermediate | Ballet | Yang/Grider | 10:00 - 11:30 a.m. |

- **Beginner Ballet** : Recommended for adults with a minimum of six month’s ballet experience as well as students that would like to refine and improve their technique, posture and alignment. Students will experience a full classical ballet class introducing ballet vocabulary, proper posture and alignment. A new Intro to Ballet class begins in September.
- **Advanced Beginner Ballet.**: Recommended for adults with a minimum of one year of classical ballet experience. This class will focus on refining 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.