

## July & August Adult Schedule

All classes are in-studio				
Level	Class	Teacher	Time	Days
<b>Monday</b>				
Beginning Intermediate	Ballet	Jonson	7:30 - 9:00 pm	7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22
<b>Tuesday</b>				
Beginner	Ballet	Jonson	7:30 - 9:00 pm	7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23
<b>Wednesday</b>				
Intermediate	Ballet	Galdy/Pautz /Yang	11:30 am - 1:00 pm	7/6, 7/13, 7/27, 8/10, 8/17, 8/24, 8/31
<b>Thursday</b>				
Intermediate	Ballet	Jonson	7:30 - 9:00 pm	7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25
<b>Saturday</b>				
All Levels Ballet Conditioning/Floor Barre		Galdy/ Midkiff	9:45 - 10:30 am	7/9, 7/16, 8/6, 8/13
Advanced Intermediate	Ballet	Galdy/Yang/ Pautz	10:30 am - 12:00 pm	7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27
Teacher Approval Required	Pointe		12:10 - 1:10 pm	7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

- **Beginner:** 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.
- **Beginning Intermediate:** Recommended for adults with 18 months 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.

- **Pointe:** Students must get approval from Ms. Yang or Ms. Galdy to register for this class. This class is suited for students with a minimum of three years of pointe work and will offer barre and center work. Students are required to take the ballet class prior to the pointe class.

- **Ballet Conditioning:** There is no level of ballet required for this class; however any level can benefit from a greater understanding of “turn out and alignment.” This class will offer exercises to strengthen muscles used in ballet. Turn out or external rotation, an essential part of ballet, is explained with various exercises that strengthen the muscles involved as well as ways to find the muscles. This is not a ballet class. Some ballet steps will be used as well as other types of movement (for example: yoga, Pilates, and other strengthening exercises).