

## Winter/Spring Adult Schedule

All classes are in-studio

Level	Class	Teacher	Time
<b>Monday</b>			
Advanced Beginner	Ballet	Jonson	7:30-9:00 p.m.
<b>Tuesday</b>			
Intermediate	Ballet	Jonson	7:30 - 9:00 p.m.
<b>Wednesday</b>			
Intermediate	Ballet	Galdy	11:30 a.m. - 1:00 p.m.
Intro to Ballet	Ballet	Jonson	7:30 - 9:00 p.m.
<b>THURSDAY</b>			
Intro to Ballet	Ballet	Jonson	6:00 - 7:30 p.m.
Beginning Intermediate	Ballet	Jonson	7:30 - 9:00 p.m.
<b>SATURDAY</b>			
Advanced Intermediate	Ballet	Yang	10:00 - 11:30 a.m.
Teacher Approval Required	Pointe	Various	11:30 a.m. - 12:30 p.m.

- **Intro to Ballet:** Recommended for adults with no previous 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.
- **Advanced 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 the teacher 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.