

2011/12 DANCE CURRICULUM - ADULT BALLET

Adults enjoy a complete workout while learning classical movement and techniques associated with the discipline of ballet. Strength, posture, grace, musicality, coordination, and style are emphasized in both levels.

Level A Adult Ballet

Level A is for adult students with little or no previous ballet training, or for those returning after an absence from dance.

Level B Adult Ballet

Level B is for adult students with a good working knowledge of ballet.

CLASS / LEVEL	DAY	TIME	STUDIO
Level A Adult Ballet	Monday	8:30-9:30 p.m.	A
Level B Adult Ballet	Thursday	8:30-10:00 p.m.	A