

# Ballet for Adults & Teens

JANUARY 8 - MAY 30, 2024

## Beginning Ballet

**Wednesdays 7:30-9:00pm**

An introductory course for those new to ballet, or for those wishing to refine and strengthen their ballet foundation and understanding of dance. We cover basic terminology, postural awareness, strength and flexibility and beginning ballet technique.

## Open/Intermediate

**Tuesdays & Thursdays 10:00-11:30am**

The perfect class for those with some dance experience and are ready to get back into ballet. This class focuses on ballet technique, posture and proper alignment. We start each class with ballet conditioning, followed by barre and center. Occasionally, students learn sections of classical variations. We understand how challenging it can be for adults to get back into dance, so we make every effort to give each person individualized attention and help them to reach their personal dance goals.

## Pointe for Adults

While going on pointe might not be an achievable goal for every adult dancer, it is still a possibility for some. Our instructors have a combined experience of 38 years putting students safely on pointe and it's our pleasure and privilege to announce this program. Our program focuses on developing a dancer's technique and strength in a progressive and safe way. Due to the nature of this commitment, we require students to attend a certain number of hours per week of ballet training along with specific pre-pointe exercises they do at home daily. This ensures the student's safety, limits the risk of injury and promotes steady progress. Eligible students will take a Pre-Pointe assessment to identify strength and technique areas that need to be developed in order to go on pointe. Students in this program are encouraged to focus on the process and not just on the end goal as it can take months or years to achieve. The timeline to go on pointe will be different for each individual according to varying training, strength, and commitment. To be considered for this program you must be enrolled in both T/Th intermediate adult classes. Pointe class is held directly after the T/Th morning classes for 30 minutes. Additional tuition and fees will be charged for pointe classes and assessments. If you are interested in this program, please contact us.

## Special Technique Series: LATIN JAZZ January 31-April 3 Wednesdays 9-10pm

Introducing our special dance technique series for Adults. Join Amanda in a dynamic integration of Latin Rhythms and Jazz technique. This class seamlessly fuses styles like Mambo, ChaChaCha and more with contemporary and classic Jazz. The class will focus on technique, style, strength, mobility and artistry. Some previous dance experience required.

**Drop In/Enrollment:** All students must register prior to attending classes. Please email [info@aocballet.com](mailto:info@aocballet.com) for registration and payment. Tuition is due January 8. *No classes April 7-14 Spring Break, May 12-19 Spring Performance*

**One class/week - \$505      Two classes/week - \$898      Drop In Class -\$30      Latin Jazz Series - \$250**

**Academy Policies:** A minimum of 4 students required to run a class. Schedule and studio locations are subject to change without notice. The Academy reserves the right to cancel classes or lessons at any time. Registration Form and payment must be completed and signed prior to first lesson or enrollment. Returned Check Fee \$40. No refunds, extensions, credits or transfer of payments or lessons. No make-up classes. Tuition is considered late 5 days after the start of a new series. A late fee of \$35 will be applied. \*Please refer to the complete policies and terms you receive upon enrollment.

**Attire for Adults:** Any clothing that allows for freedom of movement such as yoga or pilates wear. Ballet shoes required. We encourage students to wear form fitting attire to help with freedom of movement. Hair should be pulled back from face and neck.