

## Adult/Open Division 2017 - 2018 Class Schedule\*

CLASS	SCHEDULE	INSTRUCTOR
INTRO TO BALLET*	Wed 7:00pm – 8:30pm	Hiroko Shibuya
BEGINNING BALLET	Mon 7:00pm – 8:30pm	Hiroko Shibuya
BEGINNING BALLET	Tue 10:30am – 12:00pm	Emily Borthwick
BEGINNING BALLET	Thurs 10:30am – 12:00pm	Emily Borthwick
INTERMEDIATE BALLET	Mon 10:15am – 11:45am	Mercedes David Sheets
INTERMEDIATE BALLET	Tue 7:00pm – 8:30pm	Charles Anderson
INTERMEDIATE BALLET	Wed 10:15am – 11:45am	Charles Anderson
INTERMEDIATE BALLET	Thurs 7:00pm – 8:30pm	Charles Anderson
INTERMEDIATE BALLET	Fri 10:15am – 11:45am	Karen Portner-Lapointe
ADVANCED BALLET	Sat 11:00am – 12:30pm	Charles Anderson
ADVANCED BALLET	Sun 11:00am – 12:30pm	Charles Anderson
PHYSICAL CONDITIONING	Tue 9:00am – 10:15am	Emily Borthwick
PHYSICAL CONDITIONING	Thurs 9:00am – 10:15am	Emily Borthwick

\**Intro to Ballet* is a six- to eight-week course designed for very-beginner adult and teen students. The course introduces the fundamentals of ballet while improving strength, flexibility and posture. Fee: \$90 - \$115, depending on length of session. Call (925) 935-7984 for session start dates and to register!

\*Please check the Open Division page at:  
[www.contracostaballet.org](http://www.contracostaballet.org)  
for the most current class schedule and updates.



2040 N. Broadway  
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[contracostaballet.org](http://contracostaballet.org)

# Adult/Open Division 2017 – 2018

August 21<sup>st</sup> – July 1<sup>st</sup>

*Directors: Richard Cammack & Zola Dishong*

## Contra Costa Ballet Centre

The Adult/Open Division is designed for adult and teenage students who wish to begin or continue classical ballet training for health, recreation, self-enrichment or vocation. Students may join classes at any time throughout the year, on a drop-in basis, and no audition is necessary. The program offers a wide variety of day and evening classes for those interested in the many physical benefits of dance training. Classes emphasize overall body conditioning and encourage an aesthetic appreciation of dance and its related arts.

### **CURRICULUM**

#### ***Ballet***

Ballet classes are offered mornings and evenings at four progressive levels of achievement:

*Intro to Ballet* (no ballet experience)

*Beginning Ballet* (0-1 years of recent ballet experience)

*Intermediate Ballet* (2-4 years of recent ballet experience)

*Advanced Ballet* (5+ years of recent ballet experience)

Please note: the above are *guidelines* to assist in choosing a student's most-appropriate class level. Individual progress will vary. Many students returning to ballet after a hiatus find the beginning class to be a comfortable resuming point.

#### ***Physical Conditioning***

A strength and stretch class created from a dancer's perspective that features non-impact movement integrating yoga, Pilates and floor barre techniques. It is designed to increase flexibility and core strength.

### **TUITION**

Class tuition may be paid per class or on a discounted, class-card basis. Class cards are valid for six weeks from the date of purchase. There are no extensions or refunds. There is an initial registration fee of \$25.00 required for new students purchasing the discounted class cards.

Single Class	\$ 18.00 (no registration required)
4 Classes	65.00
8 Classes	125.00
12 Classes	175.00
16 Classes	215.00