

Open Division 2011 - 2012

CLASS	SCHEDULE	INSTRUCTOR
BEGINNING BALLET	Tue 7:00 – 8:30pm	Emily Borthwick
BEGINNING BALLET	Thurs 7:00 – 8:30pm	Emily Borthwick
INTERMEDIATE BALLET	Mon 10:15 – 11:45am	Zola Dishong
INTERMEDIATE BALLET	Wed 10:15 – 11:45am	Richard Cammack
INTERMEDIATE BALLET	Fri 10:15 – 11:45am	Richard Cammack
ADVANCED BALLET	Sat 11:00 – 12:30pm	Robert Dekkers
ADVANCED BALLET	Sun 11:00 – 12:30pm	Robert Dekkers
PHYSICAL CONDITIONING	Tue 9:00 – 10:15am	Emily Borthwick
PHYSICAL CONDITIONING	Thurs 9:00 – 10:15am	Emily Borthwick
PHYSICAL CONDITIONING	Sun 12:30 – 1:45pm	Robert Dekkers



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contracostaballet.org

Open Division 2011 – 2012 August 29th – July 4th

*Directors: Richard Cammack & Zola Dishong
Administrator: Nikki Eaton*

Contra Costa Ballet Centre

The Open Division is designed for students who wish to begin or continue dance training for health, recreation, self-enrichment or vocation. Students may join classes at any time throughout the year. 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

The foundation of all theatrical dance forms is classical ballet. The Contra Costa Ballet's syllabus is truly American, taking the best of the Russian (Vaganova), French and Italian (Cecchetti) schools. Ballet classes are offered mornings and evenings at three progressive levels of achievement.

Instructors: Richard Cammack, Zola Dishong, Emily Borthwick, Robert Dekkers

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.

Instructor: Emily Borthwick, Robert Dekkers

TUITION SCHEDULE

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 \$15.00 required for new students purchasing the discounted class cards.

Single Class	\$ 17.00 (no registration required)
4 Classes	60.00
8 Classes	115.00
12 Classes	165.00
16 Classes	205.00