

Adult/Open Division 2011 - 2012

CLASS	SCHEDULE	INSTRUCTOR
BEGINNING BALLET	Mon 7:30 – 9:00pm	Hiroko Shibuya
BEGINNING BALLET	Tue 10:30 – 12:00pm	Emily Borthwick
BEGINNING BALLET	Wed 7:30 – 9:00pm	Hiroko Shibuya
BEGINNING BALLET	Thurs 10:30 – 12:00pm	Emily Borthwick
BEGINNING-INTERMEDIATE BALLET	Tue 7:00 – 8:30pm	Emily Borthwick
BEGINNING-INTERMEDIATE 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

Adult/Open Division

2011 – 2012

August 29th – July 8th

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:

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

Beginning-Intermediate Ballet (1-2 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-intermediate ballet 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 \$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