



# Ballet Arts Centre of Winchester

## Adult Dance Class Schedule

### **\*\*\* Winter 2012 Session \*\*\***

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An ADULT DANCE CLASS is great for so many reasons!

- ...if you are looking for an imaginative way to exercise...
- ...if you have never studied dance before but have always wanted to...
- ...if you took class as a youth, left it behind, but still love the art form...
- ...if you are a more accomplished dancer but want to go back to the basics

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#### **Level One Ballet:**

8 weeks Tuition: \$135  
Tuesdays 6:00 – 7:00 p.m.  
January 24<sup>th</sup> – March 20<sup>th</sup>  
(No class 2/21)  
*Introduces basic “barre and center work” and focuses on posture, positioning, and alignment.*

#### **Zumba Fitness:**

8 weeks Tuition: \$135  
Tuesdays 7:00 – 8:00 p.m.  
January 24<sup>th</sup> – March 20<sup>th</sup>  
(No class 2/21)  
*Featuring exotic rhythms set to high-energy Latin and international beats, there's no other fitness class like a Zumba Fitness Party! Easy, effective, and exhilarating.*

#### **Level One Jazz:**

8 weeks Tuition: \$135  
Wednesdays 7:30 – 8:30  
January 25<sup>th</sup> – March 21<sup>st</sup>, 2012  
(No class 2/22)  
*Focuses on stretch, strength, and coordination through combinations, warm up, and floor work.*

### **Single Drop-In Classes available - \$18.00 per class**

*MUF: These are “Make-up Friendly” classes and may be taken in the event of absence.*

**Sign up for two classes and get 20% off the second class!**

**Sign up with a friend and both receive 10% off!**

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Pre-registration is required for all classes by returning form with full payment prior to initial class.  
*(All classes are subject to sufficient enrollment)*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Class(es) : \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_ Check #: \_\_\_\_\_ CC: \_\_\_\_\_ Other: \_\_\_\_\_