

# Ballet Arts Centre of Winchester



## Adult Class Schedule

### \*\*\*2010 Adult Spring Session\*\*\*

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...

#### Level One Ballet:

6 weeks

Tuesdays 7:00 – 8:00 p.m.

March 9<sup>th</sup> – April 13<sup>th</sup>

Tuition: \$100 (MUF)

*Introduces basic “barre and center work” and focuses on posture, positioning, and alignment.*

#### Level One Jazz:

6 weeks

Tuesdays 8:00 – 9:00 p.m.

March 9<sup>th</sup> – April 13<sup>th</sup>

Tuition: \$100 (MUF)

*Focuses on stretch, strength, and coordination through combinations, warm up, and floor work.*

#### TAP-FIT:

6 weeks

Thursdays 6:30 – 7:30 p.m.

March 11<sup>th</sup> – April 15<sup>th</sup>

Tuition: \$100 (MUF)

*Uses basic tap steps and arm movements to gently but firmly work the body. No tap experience needed!*

**\*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!**

Pre-registration is required for all classes by returning form with full payment prior to initial class.

*\*All classes are subject to sufficient enrollment.*

Contact office for registration or information at 781-729-8556.

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

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

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

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