

# Ballet Classes



**Beginning Ballet (Ages 5-7 yrs.)**  
Tuesdays 5:00-6:00 PM **Future Class**

**Beginning/Intermediate Ballet (Ages 8+)**  
Wednesdays 5:30-6:30 PM

Ballet is the most disciplined form of dance but also the guideline for all other dance styles. In our ballet class your child will learn the basic classical techniques all while having fun doing so. We will work together on their body alignment, musicality and purity of line and grace. We will work on spotting to prepare us for pirouettes, barre and floor exercises to help balance. We will build on our strength and flexibility as we learn combinations that are turned into ballet routines.



**Ballet 5-7 yrs/Dress Code: Solid Pink Leo, Pink or White Tights, Ballet Shoes, Pink Skirt (Optional)**

**Ballet 8+/Dress Code: Solid Black Leo, White or Pink Tights, Ballet Shoes, Black Shirt (Optional)**

**Tinkerbells (Ages 3.5-5 yrs.)**  
Mondays 3:30-4:14 PM **Future Class**  
Tuesdays 9:00-10:15 AM **Future Class**  
Fridays 6:00-6:45 PM

Our Tinkerbelle class is all about having fun all the while learning the basic techniques of a ballet class. It's a half ballet half fun dance class. We will learn the importance of posture, balance and have a little fun learning fun and exciting dances such as The Wave, The Chicken and The Twister we even make up our own dance move. So if your little ballerina wants to show off her cool new modern dance moves this is the class for her!



**Dress Code: Solid Pink Leo, Pink or White Tights, Ballet and Tap Shoes, Pink Skirt (Optional)**



If you don't see..  
a class time that you would like please call 916-772-3547  
new classes open frequently.  
Or  
If you get a group of 4 friends to come in and register we can  
open you and your friends a class and time of your choice! As  
well as discount your monthly tuition.