



Stephanie Tollefson, Owner/Director

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ADULT BALLET CLASSES AT BALLET U

Our open division adult ballet classes are 90 minutes long and are offered on a drop-in basis. We recommend that new beginners take the full 10 week beginner series. After completion, students are welcome to join one of our ongoing Ballet 1 classes or may choose to repeat our intro series.

Students attending our open classes should sign up online for each class they take. Students new to Ballet U are welcome to contact us for assistance in picking the classes most suitable for your needs and goals and to discuss which payment/class card option makes the most sense for you and we will help you get set up in our system. You can also go ahead and register yourself through our online system. Link at www.balletu.com or scan QR code.



ADULT BALLET CLASS PRICES (in-studio, 90 min)

Single Class - \$20 10 Classes \$180 20 classes \$350
30 min Prepointe/Pointe Add-on \$7

3 weekly classes - \$200/month - 4+ weekly classes \$240/month

VIRTUAL CLASSES via ZOOM: \$15/CLASS

PRIVATE LESSONS (IN-STUDIO or ZOOM) \$70/60 min

Ask about reduced prices for college students and professionals.

Purchase class cards through our online system.

All levels and ages welcome!

No dress code for adults. Fitted workout wear works well but adults are welcome to wear leotard and tights, skirt, etc. if they choose to.

Ballet shoes are recommended and available for purchase at Ballet U.

2023/2024 Class Schedule - Sept. 5, 2023 to June 8, 2024

Schedule subject to change depending on enrollment and teacher availability. Check online schedule or email the studio to verify.

ADULT BALLET CLASSES

(Register per class - except for 10 week Intro to Ballet Class)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-11:00 Adult Ballet 5/ Prof. [Brian]	9:00-10:30 am Adult Ballet 2 & 3 [Stephanie]	9:30-11:00 Adult Ballet 5/ Prof. [Brian]	9:00-10:30 am Adult Ballet for NEW Beginners 1/11-3/14 [Steph.]	10:00-11:30 am Adult Ballet 2 & 3 [Stephanie]	9:00-10:30 am Adult Ballet 1 & 2 [Stephanie]
5:30-7:00 pm Adult Ballet 2 [Stephanie]	6:45-8:15 pm Adult Ballet 1 [Stephanie]	11:00-12:30 pm Adult Ballet 2 & 3 [Judy]	10:30-12:00 pm Adult Ballet 1 & 2 [Stephanie]		10:30-12:00 pm Adult Ballet 4 12:00-12:30 pm Pointe* (opt.) [Karen]
7:00-8:30 pm Adult Ballet for NEW Beginners 1/8-3/11 [Steph.]	6:45-8:15 pm Adult Ballet 3 & 4 8:15-8:45 pm Beg. Pointe/PrePte* [Karen]	6:30-8:00 pm Adult Ballet for NEW Beginners 9/6-11/8 [Steph.]	6:45-8:15 pm Adult Ballet 3 & 4 8:15-8:45 pm Beg. Pointe/PrePte* [Karen]		10:45-12:15 pm Adult Ballet 2 & 3 [Judy]

* Requirements for pointe work: instructor approval, regular attendance of 2 or more weekly technique classes. Anyone attending the Tuesday and/or Thursday Ballet 3 class is invited to join the Beg. Pointe class in flat shoes as a preparation for eventual pointe work.

Advance registration recommended.

Come and join our supportive dance community and experience the beauty of ballet in your life!

Jan. 2024