

ADULT BALLET @ THE GRAND ACADEMY

CONNECT | EXPLORE | GET FIT | AND TRANSFORM

The Grand Academy of Ballet offers **Adult Ballet classes for ages 16 and up**, catering to all skill levels **from beginners to professionals**. Our program emphasizes creating overall body awareness while improving **posture, muscle tone, flexibility, balance, coordination**, and promoting creative expression. **Ballet exercises are an excellent way to relieve stress, helping to shift your focus and relax your mind**, allowing the day's anxieties to fade away.

We pride ourselves on our exclusive team of **Vaganova-trained instructors** who are dedicated to upholding the highest standards of ballet. They preserve the traditions of the **Vaganova Method** through a systematic approach that reflects its rich culture and curriculum.



BALLET BASICS

Ballet Basics is an introductory ballet course designed to teach the **fundamental principles and techniques of classical ballet**. Students will learn proper body alignment, coordination, and essential terminology. **The course covers the basic positions of the arms and feet, emphasizing correct alignment and graceful carriage of the upper body.**

BEGINNER/INTERMEDIATE LEVEL BALLET

This class introduces and expands the **fundamentals of ballet technique**, focusing on proper posture, and graceful movements. Under the guidance of experienced instructors, **students will learn foundational barre exercises, simple center work, and basic steps and combinations**. Ideal for those new to ballet or looking to refresh their skills, this class provides a supportive and inspiring environment to develop coordination, strength, and a love for the art of ballet.

INTERMEDIATE/ADVANCED LEVEL BALLET

Intermediate to Advanced Adult Ballet Class, students will delve into **intermediate to advanced barre work, center practice, adagio sequences, petit and grand allegro, perfecting pirouettes, and expansive jumps**. This enriching environment enhances technical prowess and artistry, offering the perfect blend of rigorous training and inspiration.

STRETCHING & BODY CONDITIONING

Elevate your mobility, enhance overall flexibility, and supercharge your performance. Our 55-minute stretching class focuses on **lengthening, toning, and strengthening the entire body** with a dynamic combination of functional, compound, and isolating muscle exercises. **This is an Open Class!**

ADULT CONTEMPORARY & MODERN BALLET

Explore the dynamic world of Adult Contemporary & Modern Ballet, focusing on **body fluidity, motion, jumps, drops, turns, and emotional expression**. This class **combines the elegance of ballet with the freedom of contemporary dance**, encouraging personal interpretation and **creative movement**. Suitable for all levels, it's the perfect way to enhance your technique and express yourself through dance.

POINTE & VARIATIONS WORKSHOPS

Enhance your pointe technique and artistry in our Pointe & Variations Workshops. These sessions **focus on strengthening your skills, mastering classical variations**, and improving your overall performance quality. Suitable for intermediate to advanced dancers, the workshops provide personalized instruction to help you refine your **technique and expressiveness** on stage. Join us to **take your pointe work to the next level!**



DANCE CARD RATES

\$25 | Per Class

\$120 | 5-Class Pass

\$230 | 10-Class Pass

\$330 | 15-Class Pass

\$420 | 20-Class Pass

\$600 | 30-Class Pass

\$760 | 40-Class Pass

\$900 | 50-Class Pass



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MORNING/AFTERNOON CLASSES

- Mon | 09:00 to 10:00 AM** – (Beginner) w/Marina
Mon | 10:00 to 11:00 AM - (Stretching/Conditioning) w/ Marina
Mon | 11:00 AM to 12:30 PM – (Intermediate) w/ Marina
Mon | 12:30 PM to 01:30 PM - (Pointe Workshop) w/Marina
- Tue | 9:00 to 10:00 AM** - (Beginner) w/Arno
Tue | 10:00 to 11:00 AM – Adult Contemporary w/Arno
Tue | 11:00 AM to 12:30 PM - (Intermediate) w/Arno
Tue | 12:30 PM to 01:30 PM - (Jumps & Turns Workshop) w/Arno
- Wed | 9:00 to 10:00 AM** - (Beginner) w/Marina
Wed | 10:00 to 11:00 AM - (Stretching/Conditioning) w/Marina
Wed | 11:00 AM to 12:30 PM – (Intermediate) w/Marina
Wed | 12:30 PM to 01:30 PM - (Variations Workshop) w/Marina
- Thu | 9:00 to 10:00 AM** - (Beginner) w/Arno
Thu | 10:00 to 11:00 AM – Adult Contemporary w/Arno
Thu | 11:00 AM to 12:30 PM - (Intermediate) w/Arno
Thu | 12:30 PM to 01:30 PM - (Variations Workshop) w/Arno
- Fri | 9:00 to 10:00 AM** - (Beginner) w/Elmira
Fri | 10:00 to 11:00 PM – (Stretching/Conditioning) w/Elmira
Fri | 11:00 AM to 12:30 PM – (Intermediate) w/Elmira
- Sat | 9:00 to 10:00 AM** – (Beginner) w/Marina
Sat | 12:00 to 1:30 PM – (Intermediate) w/Marina
Sat | 3:00 to 4:00 PM – (Adult Contemporary) w/Arno
- Sun | 9:00 to 10:00 AM** – (Beginner) w/Taylor
Sun | 12:00 to 1:30 PM – (Intermediate) w/Taylor

EVENING CLASSES

- Mon | 8:00 to 9:30 PM** - (Intermediate) w/ Marina
- Tue | 6:00 to 7:00 PM** - (Ballet Basics) w/Marina
Tue | 7:00 to 8:30 PM - (Intermediate) w/Marina
Tue | 8:30 PM to 9:30 PM - (Pointe Workshop) w/Marina
- Wed | 8:30 to 9:30 PM** – (Beginner) w/Marina
- Thu | 6:00 to 7:00 PM** - (Beginner) w/Marina
Thu | 7:00 to 8:30 PM - (Intermediate) w/Marina
Thu | 8:30 PM to 9:30 PM - (Variations Workshop) w/Marina
- Fri | 8:00 to 9:00 PM** - (Beginner) w/Marina

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