

# 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.

### 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 01:00 PM - (Pointe) w/Marina - TBA

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 01:00 PM - (Variations) w/Marina - TAB

Fri | 9:00 to 10:00 AM - (Beginner) w/Marina  
Fri | 10:00 to 11:00 PM – (Stretching/Conditioning) w/Marina  
Fri | 11:00 AM to 12:30 PM – (Intermediate) w/Marina  
Fri | 12:30 PM to 01:00 PM - (Pointe) w/Marina - TBA

Sat | 9:00 to 10:00 AM – (Beginner) w/Yelena  
Sat | 11:30 to 1:00 PM – (Intermediate) w/Yelena  
Sat | 3:00 to 4:00 PM – (Adult Contemporary) w/Arno

Sun | 9:00 to 10:00 AM – (Beginner) w/Taylor  
Sun | 11:00 AM to 12:30 PM – (Intermediate) w/Taylor

## EVENING CLASSES

Mon | 7:00 to 8:00 PM - (Stretching/Conditioning) w/Uliana  
Mon | 9:00 to 10:00 PM - (Intermediate) w/Yelena - TBA

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 9:00 PM - (Pointe) w/Marina

Wed | 8:30 to 9:30 PM – (Beginner) w/Yelena – TBA

Thu | 6:00 to 7:00 PM - (Beginner) w/Marina  
Thu | 7:00 to 8:30 PM - (Lower Intermediate) w/Marina  
Thu | 8:30 PM to 9:00 PM - (Variations) w/Marina

Fri | 8:00 to 9:00 PM - (Beginner) w/Yelena

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