

ADULT BALLET @ THE GRAND ACADEMY - ENCINO

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.

BALLET FLEX

Increase your flexibility, strength, and mobility in this full-body conditioning class designed for dancers and adults of all levels. Combining ballet-based stretching, active flexibility, core strengthening, and mobility exercises.

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!**

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

Unlimited Membership \$199

with \$45 Registration Fee



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MORNING | AFTERNOON CLASSES – ENCINO, CA

Mon | 9:00 AM to 10:00 AM – (Ballet Flex) w/Ariana
Mon | 10:00 AM to 11:30 AM – (Lower Intermediate) w/Lilit
Mon | 10:30 to 10:00 AM - (Beginner) w/Ludvig
Mon | 11:30 AM to 12:00 PM – (Beginner Pointe) w/Lilit
Mon | 11:30 AM to 1:00 PM - (Intermediate/Advanced) w/Ludvig

Tue | 10:00 to 11:00 AM - (Beginner) w/Anastasiia
Tue | 11:00 AM to 12:30 PM - (Intermediate) w/Anastasiia
Tue | 12:30 PM to 1:00 PM - (Pointe) w/ Anastasiia

Wed | 9:00 AM to 10:30 PM – (Pre-Intermediate) w/Askar
Wed | 10:30 to 10:00 AM - (Beginner) w/Ludvig
Wed | 10:30 AM to 11:00 PM - (Pointe) w/Askar
Wed | 11:30 AM to 1:00 PM - (Intermediate/Advanced) w/Ludvig

Thu | 10:00 to 11:00 AM - (Beginner) w/Elmira
Thu | 11:00 AM to 12:30 PM - (Intermediate) w/Elmira

Fri | 10:00 to 11:00 AM - (Beginner) w/Arno
Fri | 11:00 AM to 12:30 PM – (Intermediate) w/Arno

Sat | 9:00 to 10:00 AM – (Beginner) w/Anastasia
Sat | 10:00 to 11:30 AM – (Intermediate) w/Anastasia
Sat | 11:00 to 12:00 PM – (Pointe) w/Anastasia
Sat | 12:00 to 1:30 PM - (Ballet Variations) w/Elmira
Sat | 12:00 to 1:30 PM – (Lower Intermediate) w/Lilit
Sat | 1:30 to 2:00 PM – (Beginner Pointe) w/Lilit

Sun | 9:00 to 10:00 AM – (Ballet Basics) w/Lilit
Sun | 9:00 to 10:30 AM – (Pre-Intermediate) w/Askar
Sun | 10:30 AM to 11:00 PM – (Point Class) w/Askar

EVENING CLASSES – ENCINO, CA

Mon | 6:00 to 7:00 PM - (Stretching & Conditioning) w/Elmira
Mon | 6:00 to 7:00 PM - (Ballet Basics/Beginner) w/Elmira
Mon | 7:00 to 8:30 PM - (Intermediate/Advanced) w/Askar
Mon | 8:30 to 9:00 PM - (Pointe) w/Askar

Tue | 7:00 to 8:30 PM - (Lower Intermediate) w/Elmira
Tue | 8:00 to 9:00 PM - (Beginner) w/Lilit
Tue | 8:30 to 9:30 PM - (Beginner Pointe) w/Elmira

Wed | 6:00 to 7:30 PM - (Ballet Variations) w/Elmira
Wed | 6:00 to 7:00 PM - (Stretching & Conditioning) w/Lilit
Wed | 7:00 to 8:00 PM - (Ballet Basics/Beginner) w/Lilit
Wed | 7:00 to 8:30 PM - (Intermediate/Advanced) w/Askar
Wed | 8:30 to 9:00 PM - (Pointe) w/Askar

Thu | 7:00 to 8:30 PM - (Lower Intermediate) w/Elmira
Thu | 8:00 to 9:00 PM - (Beginner) w/Lilit
Tue | 8:30 to 9:30 PM - (Beginner Pointe Workshop) w/Elmira

Fri | 6:00 to 7:00 PM - (Stretching & Conditioning) w/Elmira
Fri | 7:00 to 8:00 PM - (Beginner) w/Elmira

