

ADULT BALLET @ THE GRAND ACADEMY – PASADENA

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

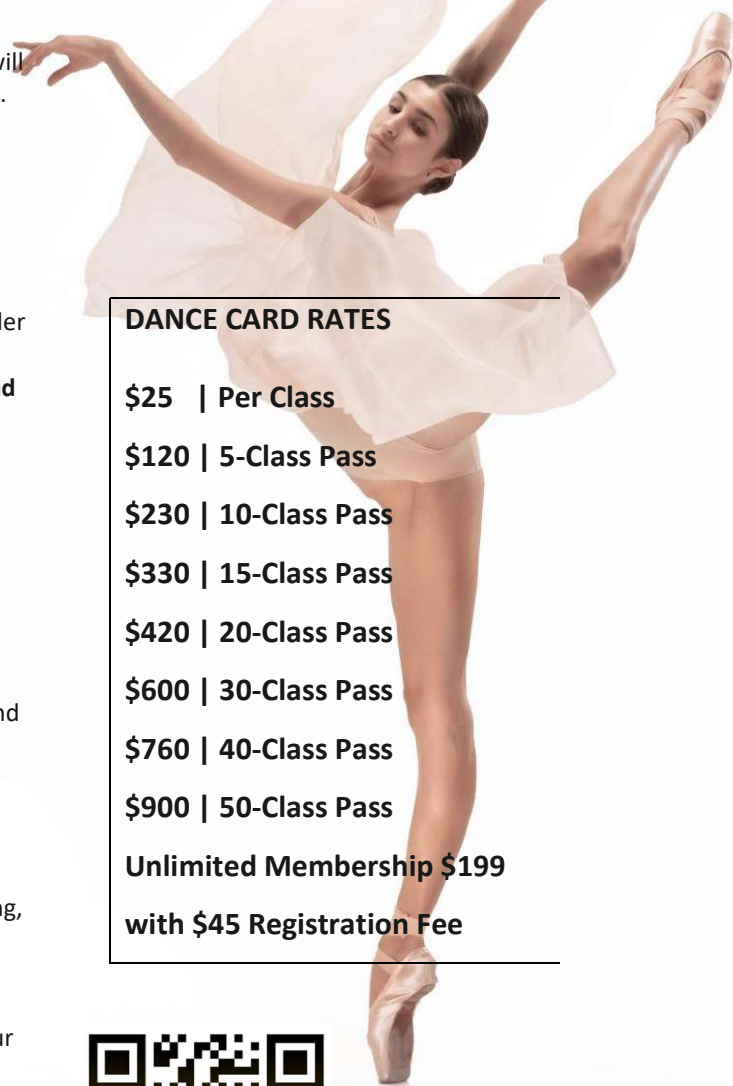
Intermediate to Advanced Adult Ballet Class, students will delve into **intermediate to advanced barre work, center practice, adagio sequences, petit and grand allegro, perfecting pirouettes, and expansive jumps**. This enriching environment enhances technical prowess and artistry, offering the perfect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



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

2812 E. WALNUT ST PASADENA, CA 91107
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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!

MORNING | AFTERNOON CLASSES – PASADENA, CA

Tue | 10:00 AM to 11:30 AM - (Lower Intermediate) w/Edmond

Wed | 10:00 AM to 11:30 AM - (Intermediate/Advanced) w/Marina

Wed | 11:30 AM to 12:00 PM - (Pointe) w/Marina

Fri | 10:00 AM to 11:30 AM - (Intermediate/Advanced) w/Marina

Fri | 11:30 AM to 12:00 PM - (Pointe) w/Marina

Sat | 9:00 to 10:00 AM – (Beginner) w/Edmond

Sat | 10:00 to 11:30 AM – (Intermediate) w/Edmond

Sun | 9:00 to 10:00 AM – (Beginner) w/Edmond

EVENING CLASSES – EPASADENA, CA

Mon | 6:00 to 7:00 PM - (Beginner) w/Yelena

Mon | 7:00 to 8:30 PM - (Intermediate) w/Yelena

Mon | 8:30 to 9:00 PM - (Pointe) w/ Yelena

Tue | 6:00 to 7:00 PM - (Stretch & Conditioning) w/Aruzhan

Tue | 6:00 to 7:00 PM - (Beginner) w/Marina

Tue | 7:00 to 8:30 PM - (Intermediate) w/Marina

Tue | 8:30 to 9:30 PM - (Pointe) w/Marina

Wed | 6:00 to 7:00 PM - (Beginner) w/Yelena

Wed | 7:00 to 8:30 PM - (Intermediate) w/Yelena

Wed | 8:30 to 9:00 PM - (Pointe) w/ Yelena

Tue | 6:00 to 7:00 PM - (Stretch & Conditioning) w/Uliana

Thu | 6:00 to 7:00 PM - (Beginner) w/Marina

Thu | 7:00 to 8:30 PM - (Intermediate) w/Marina

Thu | 8:30 to 9:30 PM - (Pointe) w/Marina

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