



Los Gatos Ballet

AN INTRODUCTION TO BALLET FOR ADULTS



Class Level: Beginner *No experience necessary*

Instructor: Liesl Coffin

When: Wednesdays 9:00-10:00am

Cost: \$75 for 5 weeks or \$17 Drop In

To Register: 408-399-7577

What: This course covering the fundamentals of ballet technique is aimed at the adult student with little to no ballet experience. Incorporating elements of Pilates technique to facilitate the new student's understanding of ballet fundamentals, emphasis will be placed on proper alignment, movement dynamics and positions of the body. Students will learn the ballet barre and basic center work. Students may at this point join the ongoing adult ballet classes and/or continue in the Adult Intro classes that will continue to expand upon the principles learned while offering detailed focus on traveling steps, turns and jumps.

Adult Ballet Schedule

Monday 9:00-10:30am *Beginning/Intermediate*

Friday 9:00-10:30am *Beginning/Intermediate*

Saturday 11:00-12:30pm *Advanced*

\$15 Drop-In or Class Cards are available 10 classes for \$135