

Ballet Tiburon – Teen & Adult Classes

(2024 Holidays: 9/2, 11/27-11/29, & 12/23-12/27)

For adult and beginning teen classes, some choose to attend once a week to keep moving, while others take class multiple times a week to maintain flexibility and improve technique. Using body resistance, ballet is an excellent workout to build strength and stamina.

The beginning teen and adult classes will start with positions, body alignment, coordination, strengthening legs and feet, stretching, turns, light jumping. The adult/Intermediate advanced class is a higher-level class that has full barre and full center including adagio, turns, and jumps. This is a great class if you were a previous dancer, if you are looking for a more challenging workout, or if you have had some ballet exposure and are looking to learn advanced techniques.

Monthly Rate: \$125 – Reserved Space in Specific Time Slot

Payment Schedule: Billed on the first of each month

OR

4-Class Punch Card: \$125 – Unreserved Space in Any Time Slot

Drop-In Rate: \$35 per class

**Senior Citizens (65+): \$15 off either monthly rate or 4-class punch card

Teen Beginning Ballet (Ages 12-17)

Monday – 6:15-7:15pm

Wednesday – 6:15-7:15pm

Adult Beginning Ballet (All Ages)

Tuesday – 10:15-11:15am

Thursday – 10:15-11:15am

Adult Intermediate/Advanced Ballet (All Ages)

Monday – 10:15-11:45am

Tuesday – 6:15-7:45pm

Wednesday – 10:15-11:45am

Friday – 10:15-11:45am

CALL (415) 634 – 8984 TO REGISTER!