

## ADULT DIVISION CLASS SCHEDULE

<b><u>INTRODUCTION TO BALLET</u></b>	(New students with no previous training)	<b><u>INSTRUCTOR</u></b>
THURSDAY	7:00 - 8:30 pm	ASHLEY FLANER
<b><u>BEGINNING BALLET</u></b>	(3 - 12 months previous training required)	
TUESDAY	7:00 - 8:30 pm	ASHLEY FLANER
<b><u>INTERMEDIATE</u></b>		
MONDAY	10:15 - 11:45 am	
	KATARINA WESTER	
WEDNESDAY	10:15 - 11:45 am	RICHARD CAMMACK
FRIDAY	10:15 - 11:45 am	RICHARD CAMMACK
TUESDAY	7:00 - 8:30 pm	
THURSDAY	7:00 - 8:30 pm	
KATARINA WESTER		
<b><u>ADVANCED</u></b>		
SATURDAY	10:45 am - 12:15 pm	CHARLES
ANDERSON		
SUNDAY	11:00 – 12:30 am	NIKOLAI KABANIAEV
<b><u>PHYSICAL CONDITIONING</u></b>		
TUESDAY	9:00 – 10:15 am	KATARINA WESTER

## CONTRA COSTA BALLET CENTRE CALENDAR

### FALL 2004

Tuesday, September 7 - Fall semester begins

Monday, November 1 through Saturday, November 13 - Parents observation classes

Thursday, November 25 and Friday, November 26 - CLOSED - THANKSGIVING

(Classes resume Saturday, November 27)

Thursday, December 2, through Saturday, December 4 - "Story of Nutcracker"

Performances at the Regional Center for the Arts

Monday, December 20 through Sunday, January 2 - CLOSED - WINTER BREAK

### WINTER – SPRING 2005

Monday, January 3 - Winter/Spring semester begins

Monday, February 21 - CLOSED - PRESIDENTS DAY

Monday, March 7 - Saturday, March 19 - Parents observation classes

Monday, March 28 through Saturday, April 2 – CLOSED FOR SPRING BREAK

Tuition for May & June (June pro-rated) due in one payment on May 1.

Monday, May 30 - CLOSED - MEMORIAL DAY

Saturday, June 4 and Sunday, June 5 - Contra Costa Ballet student showcase

Monday, June 20 - Last day of classes

contracostaballet.org

**TEEN & ADULT DIVISION - 2004-2005**

**SEPTEMBER 7 – JULY 3**

ADMINISTRATOR: SUE MOWER

FRIEDLAND

PIANISTS: IRINA

RUDY APFFEL

The Teen/Adult Division is designed for students who wish to begin or continue dance training for health, recreation, self-enrichment or vocation. Students may join classes at any time throughout the year. The program offers a wide variety of day and evening classes for those interested in the many physical benefits of dance training. Classes emphasize overall body conditioning and encourage an aesthetic appreciation of dance and its related arts.

**CURRICULUM**

**BALLET**

The foundation of all theatrical dance forms is classical ballet. The Contra Costa Ballet's syllabus is truly American, taking the best of the Russian (Vaganova), French and Italian (Cecchetti) schools. Ballet classes are offered mornings and evenings at five progressive levels of achievement.

Instructors: Richard Cammack, Zola Dishong, Charles Anderson, Nikolai Kabaniaev, Ashley Flaner Katarina Wester

**STRENGTH AND CONDITIONING**

A strength and stretch class created from a dancer's perspective that features non-impact movement integrating yoga, Pilates and floor barre techniques.

Instructor: Katarina Wester

**TUITION SCHEDULE**

Class tuition may be paid by the class or on a discounted class-card basis. Class cards are valid for six weeks from the date of purchase. There are no extensions or refunds. There is an initial registration/insurance fee of \$10.00 required for new students purchasing the discounted class cards.

**BALLET**

Single Class	\$14.00 (no registration required)
4 Classes	\$48.00
8 Classes	\$92.00
12 Classes	\$132.00
16 Classes	\$168.00