

ADULT DIVISION CLASS SCHEDULE

INTRODUCTION TO BALLET (New students with no previous training) INSTRUCTOR

THURSDAY 6:30 - 8:00 pm ADAM AICHER

BEGINNING BALLET (3 - 12 months previous training required)

TUESDAY 6:30 - 8:00 p m ADAM AICHER

INTERMEDIATE

MONDAY 10:00 - 11:30 am ZOLA DISHONG
WEDNESDAY 10:00 - 11:30 am RICHARD CAMMACK
FRIDAY 10:00 - 11:30 am RACHEL CHEW
TUESDAY 6:30 - 8:00 pm VIKTOR KABANIAEV
THURSDAY 6:30 - 8:00 pm KATARINA WESTER

ADVANCED

SATURDAY 10:00 – 11:30 am CHARLES ANDERSON
SUNDAY 11:00 – 12:30 am NIKOLAI KABANIAEV

CONDITION AND STRENGTHEN

TUESDAY 9:30 – 10:45 am KATARINA WESTER
(no condition and strengthen class on July 6)

ADULT DIVISION – SUMMER 2004

JULY 5 – AUGUST 14

ADMINISTRATOR: SUE MOWER

PIANISTS: RUDY APFFEL

The Adult Division is designed for students who wish to begin or continue classical ballet 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. Most classes are offered twice weekly, in the mornings, evenings or both.

CURRICULUM

Classical ballet is the foundation of all theater dance forms. 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: ZOLA DISHONG, RICHARD CAMMACK, CHARLES ANDERSON,
KATARINA WESTER, RACHEL CHEW, ADAM AICHER

TUITION SCHEDULE

Class tuition may be paid singly 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 \$12.00 required for new students purchasing the discounted class cards.

BALLET

Single Class	\$12.00 (no registration required)
4 Classes	46.00
8 Classes	84.00
12 Classes	120.00
16 Classes	152.00