Continental Ballet Studio

Is Now Offering

Beginner Ballet Basics Series

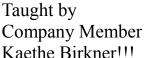
Teens/Adults & Kids 10-12 yrs

Offered thru

Bloomington Community Education Services









Gain poise, flexibility, and knowledge of ballet basics in this beginning ballet class! This 8-week series is for those who are interested in dance but have never taken a ballet class, or who have taken an extended break from dance! Learn and review all the basic positions of both legs and arms and basic steps at barre and in center, as well as proper alignment and technique!

8 WEEK SESSIONS /\$110 Jan 5-Feb 23 Apr 6-May 25

Ages 10-12 Thursdays Thursdays

5:30-6:30 pm 5:30-6:30 pm

Teen-Adult Thursdays Thursdays

6:30-8:00 pm 6:30-8:00 pm

- Bring water bottle and ballet shoes to class each week.
- Children please wear tights and a leotard. Adults please wear either traditional ballet attire or tight-fitting work out clothes.
- All classes are held at Continental Ballet Studio in the Bloomington Center for the Arts. Continental Ballet Company

For more information or to register please contact us:

Phone: 952-563-8562

E-mail: cbcinfo@continentalballet.com

Continental Ballet Company Founded and Directed by Riet Velthuisen 1800 West Old Shakopee Rd Bloomington, MN 55431