



## Adult Classes & High School/College

Our open classes may be taken individually or in combination. Please contact us with questions. We are happy to advise and look forward to speaking with you! Phone/in-person appointments: [calendly.com/artsballet](https://calendly.com/artsballet).

Dance, music, and movement training is great for mind, body, and spirit! For all ages, ballet is excellent for brain & body health! It improves balance, coordination, strength, flexibility, and challenging multiple thought, planning, memorization, and executive function areas of the brain all at the same time! Dance also includes benefits from social connection, music and artistic elements, exercise, concentration, and body/breath stress release. There are SO many benefits to life long practice and study of ballet and dance.

Adult Dancers are welcome to join us in our performances! Dancers are invited to perform in our Dec. 6-7, 2025 Nutcracker and our Spring Ballet (Theme/Dates TBD)! We invent roles and weave you into our ballet.

### **Absolute Beginner Adult Ballet**

Students who have never taken dance before or feel more comfortable taking at a fundamental level and slower ballet class that explains basic steps.

**Wednesdays 7:15-8:15pm Absolute Beginner Ballet**  
with Mrs. Kimberly Strunk

### **Beg - Int. Adult Ballet & Contemporary**

Students who have dance experience in the past or 1+ years currently and have the knowledge to take at this level of instruction. For any questions, please ask us!

\*Often included in this group are students with sports, yoga, Pilates, or high levels of exercise training looking to branch out into dance. Please contact us.

**Tuesdays 7:00-8:30pm**

Ballet & Contemporary Mix with Mr. Thomas McDonnell

**Wednesdays 7:00-8:30pm**

Adv. Beg/Int Adult Ballet with Mrs. Lois Nichols

### **Int/Adv Adults & High School/College**

Students at Intermediate to Advanced Levels (Arts Ballet levels 3+) and Ages 15+ may enroll in class(es) based on their skill level, and we welcome your participation! Students ages 18+ may also use a punch card or drop in rate. If interested, please arrange for a placement and schedule advising appointment or phone call at [calendly.com/artsballet](https://calendly.com/artsballet). We offer Intermediate and Advanced Level-Based Ballet, Pre-Pointe to Adv. Pointe, Modern/Contemporary C, D, E, Tap, Rotating Dance Styles (Jazz, Contemp, Skills & more), Partnering, and Performance Opportunities that may be taken Individually or in combination. Contact us!

### **Mondays Tap with Ms. Eileen Byrne Beg or Int/Adv**

6:55-7:40pm Beginning Tap Ages 7-Adult

6:00-6:45pm Int/Adv Tap Ages 12-Adult plus skills

### **Thursdays (Ages 8-18) Adv. Beg/Beg. Intermediate**

6:45-7:30pm Adv Beginner or Intermediate Broadway

Jazz & Musical Theater Dance Ages 8-High School

### **Fridays Int & Adv Rotating Dance Styles**

6:15-7:00pm Int & Adv Students wishing training in Jazz (various styles), Contemporary & more.

\*Please ask if interested in INT/ADV Modern/Contemporary:

Int. Modern & Beg. Horton Mondays 6-6:45pm

Int. Contemporary & Ensemble Fridays 4:45-6:15

Adv Modern/Contemporary Fridays 4-6:15 or 4:30-6:15

### **Pricing:**

1-hr class: \*\$80/mo enroll, Punch Card, or Drop In

1.5-hr class: \*\$95/mo enroll, Punch Card, or Drop In

Both Tu. & Wed. Adult (or 3 hrs/week) \*\$145/mo enroll

For other enroll rates & multiple class rates, please ask.

*Ages 15-17 are required to enroll by semester.*

*Adults 18+ may enroll, pay the drop-in price, or purchase a 10-class punch-card.*

*Discounted Pricing is offered with **enrollment** in class(es) based on our hourly tuition scale. The more hours you take per week, the lower the tuition per month.*

### **Drop-in Classes: (Ages 18+)**

\$20 for 45min-1 hour class

\$25 for up to 1.25-1.5 hour class

**Punch Cards:** \$230 for 10 Classes 1- 1.5 hrs each