

Intro to Adult Ballet



JUNE 17 - AUGUST 12

Wednesdays: 6:30 to 8:00pm

Instructor: LIESL COFFIN

Fee: \$120/8 week session

The Adult program is open to anyone and is designed for the adult student who has no formal ballet training or who has studied ballet in the past and wishes to resume training. Emphasis will be on correct placement, body alignment, toning and stretching. Ongoing training in proper ballet techniques reshapes body lines, tones muscles, improves balance & posture, strength, grace, and physical coordination in addition to deepening the appreciation of ballet as an art form. Ballet class is also a wonderful break from daily life and provides stress relief in an artistic and physical environment.

INFO: No dress code. You may wear a leotard and tights or anything comfortable such as leggings and a tee shirt. Ballet shoes are a necessity and you will want to pull back long hair.

Please e-mail Sarah@losgatosballet.org for any questions, or call **408.399.7577**