



# Adult Ballet Program 2024-2025



SLC Ballet offers opportunities for all adult dancers in a friendly, casual environment. Our flexible options include a comprehensive, progressive adult program and, space permitting, the option to take classes one at a time as your schedule allows. Students may begin at any level, and through our 6-week class curriculum, progress to more advanced levels.

# SLC Ballet Adult Program

## 2024-2025

### **2024-2025 Calendar**

Class Schedule: [slcballet.com/register](http://slcballet.com/register)

The studio will be closed (no classes) on the following days:

Labor Day: Monday September 2

Fall Break: Nov 25 - 30

Winter Break: Dec 23 - 29

New Years: Dec 31 and Jan 1.

Spring Break: March 24 - 29

Memorial Day: Monday May 26

Summer Break: June 30 - July 5

### **2024-2025 Performances**

**The Nutcracker:** All students in the Adult Program are invited to perform in The Nutcracker on December 7th. Most rehearsals will be on Saturdays, schedules will be available in August. The registration fee includes all rehearsals and costumes. Students are expected to enroll in at least 1 class in Fall Session 2 and Winter Session 1 to participate.

**The Spring Gala:** Students in the Adult Program in Beginning Ballet or higher are invited to perform in The Spring Gala on May 3rd. Auditions December 14th - Intermediate/Advanced Adults ~ 11 pm-12 pm, Beginning Adults ~ 12 pm-1 pm. Rehearsals and information will be available in December. The registration fee includes all rehearsals and a video of the performance. Students are expected to be enrolled in at least one class in Winter Session 2, and Spring Session 1 to participate.

**The Summer Gala:** The Summer Gala will be on June 27th. Rehearsals TBD. The registration fee includes all rehearsals. Students are expected to be enrolled in at least 1 class in Spring Session 1, Spring Session 2, and Spring Session 3 to participate.

### **Foundations Program**

Unique to SLC Ballet, we have developed a sequence of classes to start your ballet journey. Ballet 101, 102 and 103 classes will give you the basic ballet vocabulary and beginning technique skills in a structured, small class environment. Ballet 101 covers the basics of barre, Ballet 102 covers center work, and Ballet 103 puts it all together in a full class. With the completion of Ballet 103, many students are ready for Beginning Ballet I.

Classes are offered in 6-week sessions, and students are welcome to repeat classes as desired.

## **Beginning Ballet Program**

Our Beginning Ballet Program offers a structured and progressive curriculum to continue ballet training. Students in these levels continue to develop more complex barre and center routines, and increased strength and flexibility. Small classes and individualized attention help develop the full potential of each adult student.

Classes are offered in 6-week sessions, and students are encouraged to take the full session to fully benefit from the progressive class structure, although individual classes may be purchased as space permits.

Classes include Beginning Ballet I and Beginning Ballet II. Students desiring to progress to an Intermediate Level and/or to begin pointe work should take 3 classes per week.

## **Intermediate and Advanced Ballet Program**

Our Intermediate and Advanced Ballet Program offers committed students progressively more difficult combinations and continued growth, strength and flexibility. Students in these levels are able to begin or continue pointe work if desired. Small classes and individualized attention help develop the full potential of each adult student.

Classes are offered in 6-week sessions, and students are encouraged to take the full session to fully benefit from the progressive class structure, although individual classes may be purchased as space permits.

Classes include Intermediate Ballet and Advanced Ballet. Students desiring to begin or continue our Pointe Program should take 3 classes per week.

## **Pointe Program**

Our Pointe Program provides training and performing opportunities both for those who have previous pointe experience and those who wish to begin pointe training. Instructor approval is required for all classes in our Pointe Program.

### **Pointe Foundations**

Level: Pre-Pointe and Beginning Pointe

This class will build a solid foundation through both pointe specific strength and conditioning as well as an introduction to basic pointe technique concepts. A focus on increased foot, ankle, and core strength will allow pre-pointe students to transition confidently to pointe when ready, while current pointe students will work to reinforce correct technique and placement to allow for safe progression into more advanced pointe work.

### **Pointe I**

This class will include barre, center work and turns. Students will continue to work to reinforce correct technique and placement to allow for safe progression into more advanced pointe work.

## Intermediate Barre & Pointe

This class includes an intermediate level barre warm up and pointe class. This class will build a solid foundation through both pointe specific strength and conditioning as well as an introduction to basic and intermediate pointe technique concepts. A focus on increased foot, ankle, and core strength will allow for safe progression into more advanced pointe work.

## **Which Classes Should I Take?**

This is our number one question! Where do I begin? Each student has a unique journey and there is no right or wrong answer! Here are some common situations:

**If you have no ballet experience:** Begin with Ballet 101, Ballet 102 and Ballet 103.

Frequently, students will repeat Ballet 103 until they are comfortable with the concepts and are ready to move on. The next step will be Beginning Ballet I. Most students will stay in this class for 2-3 sessions and then move on to Beginning Ballet II. At this level, you will progress quicker by taking 2-3 classes per week. Students will generally spend 1-2 years in these levels before taking Intermediate level classes. Students working toward pointe classes should plan to spend 3-4 years in consistent ballet training before beginning pointe work.

**If you are returning to ballet after a few years:** When returning to ballet, generally students do well to begin with the level before their previous experience. This gives you a slower paced class to rebuild your strength and flexibility, and to regain your previous level of technique. This is a good time to take one class at a time to find the best level. If your previous experience was just a few years or it has been many years since dancing, begin in Ballet 103 or Beginning I. If you completed an Academy or College program or it has only been a few years since your regular classes, begin with Beginning Ballet II. If you were advanced and had several years of pointe classes, begin with Beginning Ballet II if you are returning after several years, or Intermediate I if it has only been a few years. Our PBT class will also help you regain muscle memory and correct technique.

**If you are more recreational:** When you have less time to pursue ballet, find a class that is a little bit challenging and you will keep progressing. Beginning Ballet I or II is a great place to start.

**If you would like to dance en pointe:** Because we have a progressive, structured ballet program, it is possible to progress and begin pointe work. Students should spend 3-4 years in consistent ballet training, at least 3 days per week. Students should be in the Beginning II classes, and ready to begin Intermediate classes.

## **Dress Code**

You are welcome to wear whatever you are comfortable in! The only requirement is ballet flats. Things you would wear to a yoga class, or other movement based class work well. Clothes should not be too baggy so instructors can see that you are using proper form and technique. Hair should be pulled back into a bun or ponytail.

## **Adult Program Tuition and Payments**

### Prices Per Six-Week Session

Ballet 101 - \$70

Ballet 102 - \$95

Ballet 103 - \$105

Beginning Ballet I - \$105

Beginning Ballet II - \$105

Intermediate Ballet - \$105

Advanced Ballet - \$105

Individual Classes - \$20

- Students are encouraged to register for the full 6-week session. If space permits, however, students may register for one class at a time for Beginning Ballet I, Beginning Ballet II, Intermediate Ballet or Advanced Ballet.
- When the class is full, you will see “waitlist” instead of “add to cart” - please add your name and we will contact you if a space opens up.
- All performances have a registration fee which also includes classes. Costumes may be extra.
- Students must register in advance for all classes.

**For more information about the Adult Program, please visit our website:**

**<https://slcballet.com/programs/adult-program/>**



**[slcballet.com/register](https://slcballet.com/register)**

**[reception@slcballet.com](mailto:reception@slcballet.com)**

**801.664.4607**

**1116 E. 3300 S. Salt Lake City, Utah 84106**