



CORONADO ADULT SCHOOL
201 Sixth Street, Coronado CA 92118
(619)522-8911

ADULT BALLET

Instructor: Christine Brady

TWO SESSIONS: (\$60 per session)

Sept 13th – Oct 25th

Nov 1st – Dec 12th

Coronado High School - Rm#DS2 (Dance Studio 2)

Ballet is the best exercise for maintaining mental acuity and muscle strength for adults ages 18 to 80 years old. Some previous dance experience will help even with a 30-year break. The adult ballet classes will include classical barre, center work, and traveling combinations. Russian and English (Royal Ballet) techniques will be taught. **Ballet slippers are needed**

Register today:

www.adulted@coronadousd.net

Coronado Adult Education Program will follow public health protocols consistent with industry guidelines for the K-12 school sector. Current guidelines require universal masking indoors regardless of vaccination status.