



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

ADULT BALLET

Instructor: Christine Brady

Two Sessions to Choose From - Take one, or both!

- 6 Mondays, Sept. 12th – Oct. 24 (No class on 10/10). Fee: \$60
- 6 Mondays, Oct. 31 - Dec. 12 (No class on 11/21) Fee: \$60

Class location: Coronado High School
BLD: 100/200 - Rm# DS2 (Dance Studio - 2)
Class time: 5:30 - 6:45 PM

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:

adulthood@coronadousd.net