



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

ADULT BALLET

Instructor: Christine Brady

Three Sessions to Choose From - Take one, two, or all three!

- 6 Mondays, Jan. 24th – March 7 (No class on 2/21). Fee: \$60
- 6 Mondays, March 14 - May 2 (No class on 3/28; 4/1 or 4/18)
Fee: \$60
- 5 Tuesdays, May 10 - June 7 . Fee: \$50

Class location: Coronado High School
BLD: 100/200 - 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:

adulthood@coronadousd.net