

## 2021/22 OPEN DANCE CLASSES

### OPEN BALLET - ELEMENTARY LEVEL

Enjoy a complete workout while studying classical movement and technique associated with the discipline of ballet. Our dancers utilize strength and grace while warming up with barre work, followed by combinations in the centre, finish strong with conditioning exercises, followed by a calming stretching session for your body and mind. Open ballet classes are recommended for participants, 14 years and over, with a good working knowledge of ballet.

<b>CLASS / LEVEL</b>	<b>DAY</b>	<b>TIME</b>	<b>STUDIO</b>
Open Ballet	Wednesday	8:30 - 9:45pm	A