



825 Hope Street, Providence, RI 02906  
 401-353-1129  
 www.balletri.org

**Ballet RI Announces its 2024 Summer Dance Session**

**Ages 14-Adult**

Offered June 24 – August 18, 2024

|   | MONDAY         | TUESDAY | WEDNESDAY    | THURSDAY | FRIDAY | SATURDAY                                 | SUNDAY              |
|---|----------------|---------|--------------|----------|--------|--|---------------------|
| <p><b>Ballet Barre Fitness:</b> This class is designed for the absolute beginner dancer looking to learn the basics of ballet, and open to dancers of all levels who wish to gain a deeper understanding of their technique and refine their placement. Class begins with an intense 30 minute barre inspired work-out, followed by 30 minutes of introductory classical ballet technique.</p>  |                |         | 6:00-7:00 PM |          |        |  |                     |
| <p><b>Contemporary:</b> A style of dance that combines elements of several dance genres, such as ballet, jazz, modern, and lyrical, to express emotions and ideas through fluid movements.</p>  |                |         | 7:00-8:00 PM |          |        |  |                     |
| <p><b>Beginner/Intermediate Ballet:</b> This class is designed for the beginner or intermediate ballet dancer with some prior experience. The class will follow the traditional structure of a classical ballet class so dancers may develop their technique and artistry in a familiar setting. Instructors will guide students through exercises to help them gain a deeper understanding of placement and alignment in a friendly and non-competitive atmosphere. Students are encouraged to ask questions and instructors may help students modify exercises as needed.</p> | 6:00-7:30 PM   |         |              |          |        | 10:30 AM-12:00 PM<br>*Open to all levels | 10:30 AM – 12:00 PM |
| <p><b>*Optional Add-On* Deep Stretch:</b> Enjoy a deep guided stretch to relax and lengthen your muscles after ballet class. This class is designed to introduce the fundamentals of healthy stretching and ballet self-care in a safe and relaxing group setting. Dancers of all levels are welcome to attend.<br/>*Please note: this class may only be taken in conjunction with the preceding ballet class of the day.</p>   | 7:30 - 8:00 PM |         |              |          |        |  |                     |



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|---|--------|--------------|-----------|--------------|--------|--|--|
| <p><b>Intermediate/Advanced Ballet:</b> This class is designed for the intermediate or advanced ballet dancer with some prior experience. Moving at a slightly faster pace than the beginner level, this class will follow the traditional structure of a classical ballet class so dancers may further develop their technique and artistry in a familiar setting. Instructors will guide students through more challenging exercises to help them gain a deeper understanding of placement and alignment in a friendly and non-competitive atmosphere. Students are encouraged to ask questions and instructors may help students modify exercises as needed</p>  |        | 6:00-7:30 PM |           | 6:00-7:30 PM |        | 10:30 AM-12:00 PM<br>*Open to all levels |  |
| <p><b>*Optional Add-On* Intro to Pointework:</b> Further your ballet training and gain strength in this introductory class. Dancers are welcome to wear either pointe shoes or ballet slippers for this class, depending on previous experience. Dancers who have already been approved to dance en pointe may wear pointe shoes at the discretion of the instructor. Dancers who have not yet been approved for pointe work may take this class in ballet slippers to build on the technique and strength necessary for dancing en pointe. Instructors will give exercises appropriate for both pointe and non-pointe dancers with the goal of strength and alignment in mind for all. *Please note: this class may only be taken in conjunction with the preceding ballet class of the day.</p> |        | 7:30-8:00 PM |           | 7:30-8:00 PM |        |  |  |
| <p><b>Conditioning for Dancers:</b> Build strength and gain flexibility in this fun, Pilates-inspired conditioning class. Class will begin with a full body warm-up and then transition into strengthening exercises for specific muscle groups. The class will end with light stretching and a guided cool-down or meditation at the teacher's discretion. This class is open to dancers of all levels and has no requirement for prior experience.</p>  |        |              |           |              |        | 9:30-10:30 AM                            |  |
| <p>Alexander technique: This is a specific approach and set of exercises that encourages the development of mindful awareness of the balance and posture of the body, with a particular focus on the balance, posture, and movement of the head, neck, and spine.</p>   |        |              |           |              |        |  | 9:30AM - 1030 AM<br>** Starting July 7, 2024 |

Registration is not required.

Drop in rates:

1 Hour class: \$18

1.50 hour class: \$25

30 minute add-on class: additional \$10

Pay for 3 classes in advance:

1 hour classes: \$42

1.5 hour classes: \$54