







Ballet RI Adult Summer Dance Classes and Workshops 2025

June 23 - August 17, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:45pm Intermediate Modern Dance Fundamentals 6-Week Workshop Teacher: Nicole L Douglas Enroll via Dance Studio Pro \$120 (\$102 Student) Dates: June 30, July 7, 14, 21, 28, and August 4	 Morning Class! 7:30-8:30am Ballet Barre Workout Teacher: Katie Vigly Enroll via Dance Studio Pro \$68 per session Session 1: Classes on June 24, July 1, July 8 and July 15 Session 2: Classes on July 22, July 29, August 5 and August 12	6:00-7:30pm Intermediate Musical Theatre Jazz 6-Week Workshop Dates: July 2, 9, 16, 23, 30, and August 6 Teacher: Kat Nasti Enroll via Dance Studio Pro \$120 (\$102 Student)	 Morning Class! 7:30-8:30am Ballet Barre Workout Teacher: Katie Vigly Enroll via Dance Studio Pro \$68 per session Session 1: Classes on June 26, July 3, July 10 and July 17 Session 2: Classes on July 24, July 31, August 7 and August 14		 Morning Class! 10-11:30am Intermediate Ballet Teacher: Ashley Griffin \$20 Drop-In or Class Card Eligible	 Morning Class! 9:00 - 11am Intermediate/ Advanced Ballet with Stretch and Extended Exercises Teacher: Katie Vigly \$20 Drop-In or Class Card Eligible
5:15pm-6:15pm Stretch and Prepare Teacher: Katie Vigly Enroll via Dance Studio Pro \$68 per session Session 1: Classes on June 23, June, July 7, and July 14 Session 2: Classes on July 21, July 28, August 4 and August 11	5:30 -7pm Open Company Class Upper Int./Adv. Ballet Teacher: Ashley Griffin \$20 Drop-In or Class Card Eligible	6:15pm-7:45pm Beginner II Ballet Teacher: Audrey Lukacz \$20 Drop-In or Class Card Eligible	6-7:30pm Intermediate Ballet Weekly Drop-In Class Teacher: Nicole L Douglas \$20 Drop-In or Class Card Eligible		11:30-12:00pm Beginner/Fundamentals Pointe Teacher: Ashley Griffin \$12 Drop-In	11:00-11:30 Beginner/Intermediate Pointe Teacher: Katie Vigly \$12 Drop-In
6:15-7:45 pm Beginner I Ballet (Absolute Beginners Welcome) Teacher: Katie Vigly \$20 Drop-In or Class Card Eligible		7:45-8:45pm Stretch and Recover Teacher: Audrey Lukacz Enroll via Dance Studio Pro \$68 per session Session 1: Classes on June 25, July 2, July 9, July 16 Session 2: Classes on July 23, July 30, August 6, August 13	6:45 -7:45pm Bollywood Workshop 4-Week Workshop Teacher: Nita Trivedi Enroll via Dance Studio Pro \$80 (\$68 Student) Dates: July 17, July 24, July 31, August 7		11-1:00pm Master Class or Variations/Choreo/Comp Variations and Comp: \$150 (Student Rate: \$130) For Composition: \$380 (Student Pricing \$304) June 29-August 3	11-1:00pm Master Class or Variations/Choreo/Comp Variations and Comp: \$150 (Student Rate: \$130) For Composition: \$380 (Student Pricing \$304) June 29-August 3

Updated: 5/21/2025

NOTE: STUDENTS - TO RECEIVE DISCOUNTED PRICES CALL FRONT DESK TO ENROLL. DISCOUNTS CANNOT BE RECEIVED VIA DANCE STUDIO PRO ONLINE REGISTRATION



Ballet RI Summer Adult Dance Classes and Workshops

For Ages 16+

June 23-August 15, 2025

Head of Open and Children's Division: Kat Nasti, knasti@balletri.org

Class and Workshop Descriptions

Adult Drop-In Dance Classes

Daily Drop-In Rate, Class cards available

Drop-in and Class Card Rates

- Regular Drop-in \$20 per class; 5-Class Card \$85; 10-Class Card \$160; 20-Class Card \$300
- Regular class cards can ONLY be used on drop-in classes

Beginner Ballet I

This class is designed and reserved for Beginner Students. The class is 90 minutes and focuses on building proper technique, vocabulary, room organization/etiquette, and confidence in fundamental ballet work. This class will offer a full barre and slowly build center work. The 90 minutes will also reserve time at the end of class for the teacher to answer questions and work on new concepts in a focused way. This class will be reserved for beginner students only, so we maintain a class environment with a focus, intention, and energy appropriate for stress-free learning.

The class will be rooted in movement and also offer written or verbal information that allows students to “speak ballet” and be a part of the “corps de ballet,” i.e. gaining the skills needed to respond to a phrase given verbally by the teacher or knowing the different patterns that you will see in class and on stage (diagonals, center floor, etc). The teacher might provide worksheets to support learning new vocabulary and might recommend a reading or viewing to supplement the class work. The goal of this class is to create a healthy and functional foundation for studying ballet and making ballet a beautiful life-long activity. The class will prepare students to advance to the slow-intermediate class.

<p>Advanced Beginner Ballet II</p>	<p>This class is a step up in challenge from our beginner class and serves as a nice bridge between beginner and intermediate class. This is for students who have been taking our beginner workshops or classes for a while and want the next step in challenge. The class will incorporate more vocabulary and move toward center phrase work with added challenges. The 90-minute class will hold space for repetition and dialogue at the end of class.</p>
<p>Intermediate Ballet</p>	<p>This class is designed for dancers with a foundational understanding of ballet technique who want to refine and grow their technique and ballet vocabulary. The class will focus on alignment, controlled execution of more complex steps, and deeper and coordinated muscle engagement. The class will continue to build dancers' breadth of knowledge in the physicality and vocabulary of ballet.</p> <p>Intermediate work continues to focus on proper technique through simple combinations, i.e. minimal change of direction in combinations, shorter phrases, basic turns, introduction to jump combinations with simple variety, and traveling and jump -combinations that offer flexibility for differing levels and needs.</p>
<p>Intermediate Advanced Ballet</p>	<p>These classes introduce more complicated and longer exercises, changes of direction, room to develop one's personal artistry and performance quality, and incorporate the teacher's personal style, interests, and artistry. In these classes you will get a sense of the teacher as an educator and also as an artist. You find space to move your dance practice from simply technique to art. This class will move more dynamically and offer more opportunity to challenge oneself – either in being vulnerable and courageous as a unique artist in the class (choosing to explore emotion or timing variance) or in progressing toward more challenging and virtuosic balances, turns, and jumps.</p> <p>This class is suitable for intermediate to advanced level dancers who are comfortable self-modifying exercises to make exercises safe and appropriate for oneself.</p>
<p>Intermediate/ Advanced Ballet with Stretch and Extended Exercises Guest Teacher Series!</p>	<p>This class will operate at the Intermediate/Advanced level (see description above). Class will be taught by a rotating list of teacher including BRI Director Kathleen Breen Combes, Core Program Director Chris Anderson, Head of Open and Children's Division Kat Nasti, Katie Vigly, Ashley Griffin, and other TBA. This is a great opportunity to experience many teacher voices and approaches to dance technique and pedagogy. Taking from different teachers build a deeper understanding of ballet technique and also strengthens one's ability to respond to verbal cueing, capacity to build more challenging phrase work, grow vocabulary, and challenge one's ideas of what ballet is and how ballet works across bodies.</p>

<p>Open Company Class -Upper Intermediate/Advanced</p>	<p>This class is an opportunity to train with Ballet RI company members! The class will operate as a full Advanced/Advanced-Intermediate class. The class is being offered for BRI company members to train over the summer alongside our adult community! Class exercises will be given quickly and center progressions will be longer and full of physical and intellectual challenge, with ample room for playing with artistic expression. Expect a vigorous class that challenges you via expansive vocabulary, pace, artistry, virtuosity, and autonomy in terms of body awareness and application of personal modifications.</p> <p>This class will be a great next step for our long-time students who are looking for new challenges; and will provide an opportunity to connect with the company and observe how they approach their training and growth. Of course, dancers are always welcome and encouraged to modify to make the class work for their body on each specific day. However, this class will be given at the advanced level and students will be expected to modify down as necessary without prompt.</p>
<p>Somatics Classes</p> <ul style="list-style-type: none"> - 4-Week Sessions (Session 1: June 23 - July 20; Session 2: July 21-August 17) - Each class session is \$68. Please enroll in individual classes via dance studio pro 	
<p>Ballet Barre Workout</p>	<p>This express workout is the only way to truly experience the fundamentals of flexibility and strength that barre offers, from the original barre experts: professional ballet dancers! This is a low-impact class that strengthens the body by working one muscle group at a time using high repetitions of both full range and small movements, as well as isometric holds. The class will incorporate exercises from Barre, Pilates and traditional ballet barre. The class is suitable for any level, no ballet experience necessary.</p>
<p>Ballet Stretch and Prepare</p>	<p>Ballet Stretch and Prepare is a one hour class that focuses on opening and preparing the body for ballet class. This class is great for directly before ballet class or as a cross-training class for your ballet ritual. You will also find some wonderful sequences to take-away and perform on your own at home or before our other ballet classes! The class will begin slowly with stretches focused on the hips, spine, and legs and move into dynamic stretching to create pathways for full body coordination and end with exercises to wake-up major muscle groups that stabilize alignment and support large movements. You will be fully ready to enjoy ballet class feeling limber, connected and engaged!</p>
<p>Ballet Stretch and Recover</p>	<p>Ballet Stretch and Recover is a one hour class that focuses on recovery from our ballet work. This class is great for directly after ballet or to include during the week as a recovery class. You will also find some wonderful sequences to take-away and perform on your own at home or after our other ballet classes! . Class will begin with core work to continue building strength and conclude with longer holds in stretches that focus on the hips, spine, and legs. We might incorporate props as a way for the body to fully recover from class work and send you home feeling limber, rejuvenated, and centered for a peaceful transition to evening and sleep!</p>

Dance Workshops

- 4 or 6 week sessions

Intermediate Modern Dance Fundamentals (6-Week)

Price: \$120 (College or HS Student \$102)

Modern dance is a dance form that developed and continues to develop as a new and relevant dance expression and a result of our growing body of knowledge about the body, this world, and our vast experiences in it. Our classes draw from a variety of modern dance styles and techniques. Classes are led by artists who will infuse their own artistic voice into their class. Classes begin with a floor and standing warm-up, followed by center and traveling exercises that focus on proper technique, spinal articulation (including contractions and spirals), functional and dynamic technique, musicality, and movement quality.

This class will be rooted in an intermediate level with opportunity to accommodate upper levels. An understanding of dance class progression and confidence in fundamental dance technique is required.

Intermediate Musical Theatre Jazz (6-Week)

*This class is invited to participate in August 9 & 10 community showing

Price: \$120 (College or HS Student \$102)

Learn Fosse-inspired movement that progresses to a short dance piece (routine). We will have the opportunity to show our work during an August community showing. The class will begin with a thorough center warm-up infused with generous nods to ballet, but grounded in jazz dance history and technique. This class will be both fun and informative - challenging your ballet barre work by removing the barre. We will complete a full warm-up of plies, tendus, and developpes along with stretching and core work. Attention will be paid to specificity and sharpness in focus as well as the nuance of gesture. This class is appropriate for those with at least 3-4 years of dance experience in any technical/codified form. Students should have a solid understanding of ballet technique and class progression.

Open Level Bollywood (4-Week)

*This class is invited to participate in August 9 & 10 community showing

Price: \$80 (College or HS Student \$68)

Bollywood dance is an Indian dance form and one of the biggest cultural exports of India today! It is generally set to the music from film and has varied styles and techniques, borrowing from Indian classical dance or Western pop dance, folk dance and more. Bollywood has become synonymous with storytelling, costumes, gestures and beautiful visualization. It's fun and very expressive. Class begins with a warm up and transitions into learning a short sequence (routine). The class is suitable for all levels, and the main objective is to have fun with some great music and people.

Variation and Performance Workshops

- 6 week sessions with informal performance opportunity on week 7

Enrollment Instructions: Please enroll in either Ballet or Modern/Contemporary Workshop. We connect with you to assign a level/cohort once you enroll. Once we ensure we have a minimum number of people to run workshops, we will be in touch to finalize the groups that we feel will best work together based on skillsets and interests. We will also finalize the variation of style within the genre once we finalize our group.

For ballet we have the opportunity to focus on either classical variations or work with our choreographers on a work specifically created for the group. For modern/contemporary, the choreographers will create unique works for the group. Choreographers include Katey Vigly, Ashley Griffin, Kat Nasti, Nicole Laliberte Douglas, and Tara McCally, with others TBA.

Rehearsals: We will meet 1x a week for 6-weeks on either Saturday or Sunday from June 29-August 3.

A community showing will take place on August 9 and or 10. Details TBA. Expect the showing to take place in the late afternoon, around 3pm, of August 9 and or 11. There will be a run through at 1pm on August 9.

Note: Musical Theatre and Bollywood will also participate in the August 9 & 10 showing.

What is "The Showing?" The community showing is a no-stress opportunity to practice what we learned in the BRI Black Box Studio, offer our work and joy to the community, have fun together making a memory from the excitement of live performance and collaboration, and celebrate some summer dance fun before we head back into Fall!

Price:

For Variations and Choreography - \$150 (Student Rate: \$130)

For Composition (i.e. creating your own work and showing it as a part of the community showing): \$380 (Student Pricing \$304). Fee includes cost of 3 hours of BRI mentorship plus 12 hours of rehearsal space plus performance fee.

Beg/Slow Intermediate Ballet	Saturdays 11-1
Intermediate Ballet	Saturdays 11-1
Intermediate Advanced Ballet	Sundays 11-1
Beginner Modern	Sundays 11-1
Intermediate Modern/Contemporary	Sundays 11-1
Intermediate Advanced Contemporary	Saturdays 11-1

Adult Composition	<p>This is an opportunity for our adult community to choreograph and show work.</p> <p>How this works: you will be paired with an artist mentor from BRI who will meet with you for one-hour for three meetings to bounce ideas, give feedback and tools, answer questions, etc. in an effort to build and hone a piece of dance art. You will be assigned a 2 hour rehearsal slot for 6 weeks during which you will create a solo, duet, trio, or quartet dance piece. Dances should be no longer than 5 minutes. You are responsible for supplying your own dancers. Meeting time will be determined</p>
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Revised: KN 5/20/25