



The Perth School of Ballet Adult Program is designed to provide tuition for adults who are new to dance, as well as those returning to classes after a break, or those who dance regularly and are looking to add another class to their schedule.

What are the benefits of Dance?

It's no secret that dance is beneficial to general health and fitness but it can also improve cognitive skills, brain density and enhance balance and coordination. At PSB, our classes give you a full body and mind workout.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		9:00 AM - 10:00 AM Level 2 Ballet 10:00 AM - 10:30 AM Body Conditioning 10:30 AM - 11:30 AM Level 1 Ballet	Bookings and Payments can be made through the StudioBookings app. Download the app and search for our studio. Payment per hour is \$18 or purchase a <i>10 class pass</i> for \$162 to pay for 9 classes and GET ONE CLASS FREE!		9:00 AM - 10:00 AM Level 1 Ballet 10:00 AM - 10:30 AM Pre-Pointe 10:30 AM - 11:30 AM Level 2/3 Ballet	9:00 AM - 10:00 AM Level 1/2 Ballet
EVENING	7:30 PM - 8:30 PM Level 1 Ballet 8:30 PM - 9:00 PM Body Conditioning		8:00 PM - 9:00 PM Level 1 Ballet	7:30 PM - 8:30 PM Contemporary	7:30 PM - 8:30 PM Level 1/2 Ballet	Classes are subject to change according to enrolment

We offer classes for adults in Ballet, Contemporary, Body Conditioning and Pre-Pointe/Pointe.

Level 1 Ballet is for the complete beginner who has no dance experience, or for those who want to go back to basics.

Level 2 Ballet is for the dancer who has accomplished the basics and is ready to move on.

Level 3 Ballet is a good place to start if you have done quite a bit of ballet and are ready for more advanced steps and combinations.

Contemporary, Body Conditioning and **Pre-Pointe/Pointe** are open to all levels.

(See below for pointe shoe information.)

You are welcome to wear clothing that you are comfortable in and can move in, whether it's leggings and a t-shirt or tights and a leotard.

For footwear, we recommend ballet shoes for Ballet (or socks while you get started).

Pointe classes start in bare feet and ballet shoes until the teacher feels you are strong enough for pointe shoes.

Bare feet are required for Contemporary and Body Conditioning classes.