

THE  
PERTH SCHOOL OF  
BALLET

OSBORNE PARK  
UNIT 15, 386 SCARBOROUGH BEACH RD

JOLIMONT  
36 JERSEY ST

ADULT PROGRAM 2025

UPDATED 9 APRIL, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Classes are subject to change according to enrolment	OSBORNE PARK 9:30am - 10:30am Beginner Ballet 10:30am - 11:00am Pre/Beginner Pointe 11:00am - 12:00pm Intermediate Ballet with Karen Imgrund	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.		OSBORNE PARK 9:30am - 10:30am Intermediate Ballet 10:30am - 11:00am Pointe with Georgina Matich	JOLIMONT 8:30am - 9:30am Intermediate Ballet 9:30am - 10:30am Beginner Ballet with Jacob Chown
	JOLIMONT 7:30pm - 8:30pm Intermediate Ballet 8:30pm - 9:00pm Beg/Int Pointe with Brigitta Oldereid		OSBORNE PARK 7:00pm - 8:00pm Intermediate Ballet 8:00pm - 8:30pm Body Conditioning 8:30pm - 9:30pm Beginner Ballet with Jacob Chown	JOLIMONT 6:30pm - 7:30pm Beginner Ballet 7:30pm - 8:00pm Pre/Beginner Pointe 8:00pm - 9:00pm Intermediate Ballet with Isabella Knight	At PSB, our classes give you a full body and mind workout!	
EVENING	OSBORNE PARK 6:00pm - 7:00pm Beginner Ballet 7:00pm - 7:30pm Pre/Beginner Pointe with Tania Thomas	JOLIMONT 7:30pm - 8:30pm Yoga with Karen Imgrund				

**CLASS LEVELS**

**Beginner Ballet**

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

**Intermediate Ballet**

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

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

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.

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 instructs you to advance to pointe shoes. Bare feet are required for Body Conditioning and Yoga classes.

Bookings and Payments can be made through the **StudioBookings app\***.

Download the app and search for our studio.

Choose if you want to pay as you go, or save on one of our offers.

Payment per hour \$22

10 class pass for \$198 (Buy 9 one-hour classes, get one free)

Unlimited monthly membership for \$220 (On auto-renew)

\*Payments made in studio incur a \$2 processing fee

**FREE TRIAL CLASS!**

Login to StudioBookings and book your first class with us for FREE!