

THE
PERTH SCHOOL OF
BALLET

ADULT BALLET PROGRAM 2024

UPDATED 13 SEPTEMBER 2024

	monday	tuesday	wednesday	thursday	friday	saturday	
MORNING	<p>JOLIMONT</p> <p>7.45PM - 8.45PM</p> <p>Beginner</p> <p>with Saskia Harman</p>	<p>OSBORNE PARK</p> <p>9.30AM-10.30AM</p> <p>Beginners</p> <p>10.30AM - 11.30AM</p> <p>Intermediate</p> <p>11.30AM - 12.30PM</p> <p>Ballet For Life (over 55s)</p> <p>with Ben Franzen</p>				<p>OSBORNE PARK</p> <p>9.30AM - 10.30AM</p> <p>Intermediate</p> <p>10.30AM - 11.00AM</p> <p>Pointe Class</p> <p>with Ben Franzen</p>	<p>OSBORNE PARK</p> <p>8:30AM - 9:30AM</p> <p>Intermediate</p> <p>9:30AM - 10:30AM</p> <p>Beginners</p> <p>with Jacob Chown</p>
EVENING	<p>OSBORNE PARK</p> <p>7.00PM - 8.00PM</p> <p>Beginners</p> <p>8.00PM - 8.30PM</p> <p>Pre/Beginners Pointe</p> <p>with Tania Thomas</p>		<p>OSBORNE PARK</p> <p>6.45PM - 7.45PM</p> <p>Intermediate</p> <p>7.45PM - 8.15PM</p> <p>Body Conditioning</p> <p>8.15PM - 9.15PM</p> <p>Beginners</p> <p>with Ben Franzen</p>	<p>JOLIMONT</p> <p>6.00PM - 7.00PM</p> <p>Pilates</p> <p>7.00PM - 8.00PM</p> <p>Beginners</p> <p>8.00PM - 9.00PM</p> <p>Intermediate</p> <p>with Jacob Chown</p>	<p>JOLIMONT</p> <p>6.15PM - 7.15PM</p> <p>Beginner/Intermediate</p> <p>with Ben Franzen</p>	<p>FREE TRIAL CLASS</p> <p>To organise your FREE TRIAL simply log into the StudioBookings app and book into a casual class (normally \$20). As a new member you won't be charged for your first lesson.</p>	

BOOKINGS & PAYMENTS

Bookings and Payments can be made through the StudioBookings app. Download the app and search for our studio. Payment per hour is \$20 or purchase a monthly membership. For \$200 you GET UNLIMITED CLASSES!

NB: classes paid in person incur a \$2 processing fee

CLASSES & LEVELS

Beginner Ballet - complete beginners or back to basics

Intermediate Ballet - accomplished the basics and is ready to move on

Ballet for Life - class designed for the over 55s. Focusing on exercises and movements that promote flexibility, balance and overall well-being.

Pre/Beginners Pointe - open to all

Pilates - focuses on building core strength, flexibility, & balance through a series of controlled movements & breathing techniques.

OSBORNE PARK STUDIOS

UNIT 15, 386 SCARBOROUGH BEACH ROAD

UNIFORM

- Anything you are comfortable in
- Footwear ballet shoes for ballet (or socks while you get started)
- Pointe classes start in bare feet and ballet shoes until instructed by teacher to advance to pointe shoes
- Bare feet for Body Conditioning classes

JOLIMONT STUDIOS

36 JERSEY STREET

WWW.PERTHSCHOOLOFBALLET.COM.AU

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.