

Adult Program - Fall 2012

The **Adult Program** classes are designed for adult students who either have no formal Ballet training or who have studied Ballet in the past and wish to resume training. Emphasis in class will be on correct placement, body alignment, toning and stretching. The Adult Program is ongoing and no registration is necessary. Please arrive at our 3rd floor office 15 minutes early to check-in before class.

DRESS CODE

Leotard, form-fitting t-shirt, tights, Jazz pants, or exercise pants. No baggy clothes, shorts, and excessive jewelry is allowed. **Ballet slippers are mandatory for Ballet classes.**

CLASS DESCRIPTIONS

Absolute Beginner Ballet Workshop: Joffrey Ballet School periodically offers seminars/courses for adult students new to Ballet class. Unlike most of our classes, these courses do require pre-registration, as they are a series of classes, not a single drop-in class. Please visit our website or call our office (212-254-8520) for more information.

Beginner Ballet: Taking part in an adult Ballet class is good for your body as well as your mind. Besides promoting cardiovascular fitness and posture this introductory class provides a welcoming and friendly class for adults with no prior experience. In this level you will learn the basic positions and concepts of Ballet with exercises at the barre and in the center.

Beginner Ballet II: This next level will expand upon the foundations of Beginner Ballet. The focus will be on mastering the basic positions and steps while introducing more complicated exercises both at the barre and in the center. We recommend you attend class two times per week.

Intermediate Ballet: This level is created for any dancer with a basic understanding of ballet technique. This class covers the fundamentals of Ballet technique using simple combinations that allow students to focus on perfecting their technique, musicality, and movement. We recommend you attend class two to three times per week.

Advanced Ballet: The advanced level challenges the student with more complex combinations at the barre and in the center. The student will work on fluidity of movement, balance, and combinations with petit adagio and petit allegro.

Beginner Pointe: This class is for those who have taken ballet classes with our Adult Program faculty, and have been assessed by the Pointe teacher. Readiness for Pointe is determined by each student's strength and physical development. You must attend an Adult Ballet class prior to taking the Pointe class for the safety of you and your body.

Intermediate Pointe & Variations: This class is for adults who are already on Pointe and are at an Intermediate to Advanced level of Ballet and Pointe. The focus of the class will be on advanced Pointe work exercises as well as learning various Classical Ballet variations. You must attend an Adult Ballet class prior to taking the Pointe class for the safety of you and your body.

Contemporary Jazz (SIMONSON TECHNIQUE): Katiti King's class is based on the principles of Simonson technique- emphasizing anatomy, kinesiology, injury prevention and the understanding of preparing the body for dance. Class begins with a complete warm-up focused on alignment and increased strength and stretch. Exercises are intended to help students develop a deeper awareness of their own bodies through the work. Combining jazz, modern and other dance vocabularies, movement in class incorporates the articulation and techniques developed in the warm-up. Inspired by jazz, soul, latin and world music, Katiti's choreography emphasizes musicality and rhythm, finding full expression within the framework of a complete dance technique.

Core Synergy Conditioning: This class emphasizes core strength and cardiovascular fitness to develop a body that functions optimally while enhancing one's natural physique. Incorporating static and dynamic warm-up movements, hatha-based yoga, Pilates-based exercises, multi-planar full-body strengthening exercises, and active isolated stretching techniques, participants will develop balance, flexibility, and core-based strength while improving their aerobic and anaerobic fitness. Suitable for all abilities and fitness levels, this high-energy class is a healthy, fun, and challenging approach to achieving a superb physique and superior level of fitness.

434 AVENUE OF THE AMERICAS, 3rd FLOOR, NEW YORK, NY 10011

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JOFFREY BALLET SCHOOL

FOUNDED BY ROBERT JOFFREY IN 1953

Adult Program Fall Schedule

September 10th – December 15th 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(6:00 – 7:30) Intermediate Ballet <i>Jennifer Manino</i> Studio 3	(6:30 – 7:30) Core Synergy Conditioning <i>Alison Cook Beatty</i> Studio 5	(6:00 – 7:30) Intermediate Ballet <i>Jennifer Manino</i> Studio 3	(6:30 – 8:00) Beginner Ballet <i>Jessica Kilpatrick</i> Studio 2	(7:00 – 8:30) Beginner Ballet <i>Stephanie Godino</i> Studio 2	(12:30 – 2:00) Beginner Ballet <i>Jessica Kilpatrick</i> Studio 2
(6:30 – 8:00) Beginner Contemporary Jazz <i>Katiti King</i> Studio 5	(6:30 – 8:00) Beginner Ballet <i>Jessica Kilpatrick</i> Studio 2	(6:30 – 8:00) Beginner Contemporary Jazz <i>Katiti King</i> Studio 5	(7:00 – 8:30) Beginner Ballet <i>Dariusz R. Hochman</i> Studio 6		(1:30-3:00) Beginner Ballet II <i>Dena Moss</i> Studio 1
(7:00 – 8:30) Beginner Ballet <i>Sidney Lowenthal</i> Studio 2	(7:00 – 8:30) Beginner Ballet <i>Dariusz R. Hochman</i> Studio 3	(7:00 – 8:30) Beginner Ballet <i>Sidney Lowenthal</i> Studio 2	(7:00 – 8:30) Intermediate Ballet <i>Stephanie Godino</i> Studio 1		(3:00-4:00) Core Synergy Conditioning <i>Alison Cook Beatty</i> Studio 1
(7:00 – 8:30) Beginner Ballet II <i>Dariusz R. Hochman</i> Studio 6	(7:00 – 8:30) Intermediate Ballet <i>Stephanie Godino</i> Studio 5	(7:00 – 8:30) Beginner Ballet II <i>Dariusz R. Hochman</i> Studio 6	(7:30 – 9:00) Beginner Ballet II <i>Dena Moss</i> Studio 5		(4:00 – 5:30) Beginner Ballet II <i>Stephanie Godino</i> Studio 1
(7:00 – 8:30) Advanced Ballet <i>Andrei Kulyk</i> Studio 1	(7:30 – 9:00) Beginner Ballet II <i>Dena Moss</i> Studio 1	(7:00 – 8:30) Advanced Ballet <i>Andrei Kulyk</i> Studio 1	(8:30 – 9:30) Intermediate Pointe & Variations <i>Stephanie Godino</i> Studio 1		
(8:30 – 9:30) Beginner Pointe <i>Sidney Lowenthal</i> Studio 2		(8:30 – 9:30) Beginner Pointe <i>Sidney Lowenthal</i> Studio 2			

♦Single Class \$ 17.00

♦Class Card (10 Classes) \$ 155.00

♦Class Card (50 Classes) \$ 700.00

(Equivalent of 10 Free Classes)

♦Same Day Discount: If student takes two ballet classes in a row, or ballet and then pointe, then second class is only \$10.
Cash payment or 100 Class Card equivalent payments only.

♦Professional Rate Class Card \$ 125.00

(Actors/Dancers/Performers only. Must provide proof of status)

♦Class Card (36 Classes) \$ 468.00

♦Class Card (100 Classes) \$ 1,200.00

(Equivalent of 33 Free Classes)

10 & 36 CLASS CARDS EXPIRE THREE MONTHS AFTER PURCHASE, 50 & 100 CLASS CARDS EXPIRE 12 MONTHS AFTER PURCHASE.

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