

Beginning ballet class



Class Description

Ballet class for those with no prior training taught by Sarah Stansbury. This class will teach basic posture, positions, stretching, warm-ups, and steps such as arabesque and pirouette. It will also include a Pointe (toe-shoe) demonstration and injury prevention tips and will conclude by teaching a short dance.

Why learn Ballet?

- It develops both sides of the body, especially core muscles
- It teaches grace, posture, poise, and balance
- It's fun!

What to Wear

Preferred: leotard, tights, skirt (optional), ballet slippers, hair in bun.

Acceptable: comfortable, stretchy clothing (must allow the instructor to see exact body position), socks, hair in ponytail.

Details

-\$10 for each class (four classes scheduled)

-We will meet at the Dance Spectrum* at 1707 Bascom Ave.

Campbell CA

-The class will be at 11:00-12:00 on Tuesdays and Thursdays from June 23-July 2

Class open to students willing and able to follow directions

For more information or to sign up please email cynthiastansbury@mac.com or call (408) 391-1885

*For more information on Dance Spectrum, please visit <http://www.thedancespectrum.com/>

** Proceeds will be donated to Live Oak Academy