



Adult Basic Ballet

What is the Adult Basic Ballet class?

The Adult Basic Ballet class is a traditional ballet class with a slightly greater emphasis on strength building and conditioning in a setting that accommodates the limitations of the adult physique. Its hour-and-a-half format includes roughly fifteen minutes of strength-building and stretching floor work; one hour of barre; and fifteen minutes of basic centre floor work. The adult class is open to individuals age 16 and older; no previous ballet training is required. The demeanor of the class is friendly and informal. The class meets on Thursday evenings from 6:30 until 8:00.



But seriously, how difficult is it?

The class is often made up of people who have never danced before, a few people who have a fair amount of dance experience, and various levels between those two points on the continuum. I aim somewhere in the middle; what emerges is probably best described as low intermediate. I demonstrate each combination fully, and then dance each combination on both the right and the left sides, so you may “copy” if you are unsure. If

you wish to be challenged, many combinations are designed so that you may make them more difficult by performing them faster (to tempo, or double tempo), or by adding beats or multiple turns in centre, for example.

What should I wear?

Adults may wear stretchy clothing that allows for freedom of movement; bulky clothing that obscures errors in body placement is discouraged. Ballet shoes are not required, but a pair of socks at least is recommended. Some adult students wear yoga-type pants and a stretchy top or t-shirt to class; others come outfitted in traditional ballet wear. Generally speaking, wear what is most comfortable.

How much does it cost?

The first class is free. Thereafter, you may choose to purchase a class card in one of the following increments:

4 Classes: \$48
8 Classes: \$88
16 Classes: \$160

The cards expire one year from the date of purchase; class cards are non-refundable.

The drop-in fee for all classes is \$15.



Dance Professionals: *please inquire about professional rates.*

Knoxville Ballet School accepts Visa, MasterCard, and Discover; if paying by cash, please pay with correct change. Make checks payable to Knoxville Ballet School.

Classes will be held on Thursdays from 6:30 until 8:00 pm during the 2011-12 academic year. Please check the school calendar for scheduled holidays. Phone 865.567.4017 for more information.

Knoxville Ballet School is located Down Under the Shops @ Western Plaza; 4535 Kingston Pike, Knoxville, TN 37919.

Directions: From I-40 take the Papermill Exit, and head north to Kingston Pike; turn left (east) onto Kingston Pike and travel approximately a mile and a half. Western Plaza is on the left; turn into the center at the traffic signal and proceed all the way around the building to the back side of the shopping center. Knoxville Ballet School is located close to Kingston Pike, near the Marathon gas station, in the Shops Down Under.

