



# Ballet

with *Kathy Mata*

## Basic Ballet

Sun 10:00 - 11:30 am

Basic Ballet is an on-going class that is ideal for people who have little or no training. The mechanics and understanding of the use of the barre, terminology, and basic classical ballet movements are presented with an emphasis on individual attention.

## Beginning Ballet

Sun 1:30 - 3:00 pm

Wed & Th 7:30 - 9:00 pm

Fri 6:00 - 8:00 pm

Sat 1:00 - 3:00 pm

Beginning Ballet class uses all of the fundamentals of classical ballet and provides essential exercise for proper muscle development, alignment, placement and injury prevention. It is extremely useful to people who wish to brush up on technique, build strength, and work on placement. It is also ideal for those who wish to continue from the Basic Ballet classes. Adults may join at any time.

## Ballet Pointe

Mon 7:30 - 9:00 pm

Ballet Pointe is ideal for adults who wish to pursue pointe work. It is designed for individuals who are on pointe and wish to build their strength. Students who are not on pointe may participate; class exercises specialize in correct placement of the body.



[www.kathymataballet.com](http://www.kathymataballet.com)

## Adv Beg Ballet / Turns

Tue 7:30 - 9:00 pm

Advanced Beginning Ballet / Turns incorporates turns in all sections allowing students to focus on turns throughout the class. Pointe shoes may be worn by more advanced students to build strength.

