

BALLET WICHITA INSTITUTE 2019 Spring Semester Schedule (Feb. 4 - May 31)

Purple indicates classes are held weekly.

Grey indicates classes that will begin when minimum enrollment is met. Email sarahwalden@balletwichita.com to be added to the waitlist.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45a-11:45a		Level 1 & 2 Ballet		Level 1 & 2 Ballet		Level 1 & 2 Ballet
11:45a-12:45p		Fundamental Technique		Fundamental Technique		Fundamental Technique R Strength & Balance (rotates weekly)
12:45p-2:15p		Level 2 & 3 Ballet		Level 2 & 3 Ballet		Level 3 Ballet
4:30p-5:30p	Strength & Balance	Strength & Balance	Levels 1 & 2 Ballet	Strength & Balance	Fundamental Technique	
5:30p-6:30p	Fundamental Technique	Level 3 Ballet & Pointe (5:30-7:30)	Fundamental Technique	Level 3 Ballet & Pointe (5:30-7:30)	Strength & Balance	
6:30p-8:00p	Level 2 & 3 Ballet		Level 2 & 3 Ballet		Adult (6:30-7:30)	
LEVELS	Level 1	Level 2	Level 3	Adult	ALL Levels	ALL Levels
Descriptions	Level 1 Ballet 60 minutes	Level 2 Ballet 60 or 90 minutes	Level 3 Ballet & Pointe 90 or 120 minutes	Adult Ballet 60 minutes	Fundamental Technique 60 minutes	Strength & Balance 60 minutes
	Level 1 Ballet class introduces classical ballet technique and vocabulary and reinforces the curriculum from the Fundamental Technique class.	Level 2 Ballet class introduces students to intermediate classical ballet technique and vocabulary. Students improve their understanding of proper ballet terminology and increase their awareness of anatomy, posture and correct alignment. We continue to develop strength, coordination and flexibility.	Level 3 Ballet class provides advanced training and is a logical progression in the Ballet Wichita Institute program.	Adult Ballet is a comprehensive combination of several levels to convey an understanding and the physical ability to enjoy and progress in the training of classical ballet vocabulary.	Fundamental Technique teaches the mechanical aspects of the classical ballet vocabulary, introducing and reinforcing the concepts that are the foundation for ballet. Taught only at Ballet Wichita, the class is strongly recommended for students of all levels.	Strength & Balance is a focused routine of exercise and thera-band resistance training that reinforces the understanding of opposition, equal energy and balance. Students will gain the strength and knowledge to master balance. This class is strongly recommended for students of all levels.
	Ages 8 and up Years of Ballet Training 0-1	Ages 9 & 10 and up Years of Ballet Training 2-3	Ages 11 and up Years of Ballet Training 4+ Pointe shoes optional	Beginner - Professional	All Levels: Strongly Recommended for Levels 1, 2, 3 & Adults.	All Levels: Strongly Recommended for Levels 1, 2, 3 & Adults.
Classes student are allowed to take at each level	Level 1 & 2 Fundamental Technique Strength & Balance	Level 1 & 2 Level 2 & 3 for student ages 11 or older Fundamental Technique Strength & Balance	Level 1 Level 2 Level 3 Adult Fundamental Technique Strength & Balance	Level 1 Level 2 Level 3 Adult Fundamental Technique Strength & Balance		
Spring Semester Institute Membership Cost for Unlimited Classes	\$150/month * Unlimited classes per month for Level 1	\$200/month * Unlimited classes per month for Level 2	\$200/month * Unlimited classes per month for Level 3	\$150/month * Unlimited classes per month for Adult		
<p>* Students who do NOT choose to purchase the monthly semester membership may purchase either a Punch Card for 10 classes at \$150 or pay \$20/class for drop-ins. Punch cards expire at the end of each semester (Spring, Summer, Fall)</p> <p>** Students under the age of 11 enrolled in Level 1 may not take a "Level 2 & 3" Ballet class.</p> <p>***Level 1 students are required to take a minimum of one (1) Fundamental Technique class each week.</p> <p>**** Email sarahwalden@balletwichita.com to be added to a waitlist so you can be notified when minimum enrollment is met and the class will begin.</p> <p>***** Ballet Wichita will follow the USD259 cancellation weather condition policy.</p> <p>***** No classes will be offered Friday, March 8 - Sunday, March 17; Friday, April 19 - Monday, April 22; Friday, May 24 - Monday, May 27.</p>						