

Taught By Mary P. Nolan

Ballet Classes for Adults

Schedule of Ballet Classes for Adults @ Dancebiz, 1742 Long Pond Road

Sessions 2011 to 2012	Dates (Mondays 5:30-6:30pm)	Cost
July-August	7/11, 7/18, 7/25, 8/1, 8/8, 8/15	\$60
September-October	9/12, 9/19, 9/26, 10/3, 10/17, 10/24	\$60
November-December	11/7, 11/14, 11/28, 12/5, 12/12, 12/19	\$60
January-February	1/9, 1/23, 1/30, 2/6, 2/13, 2/27	\$60
March-April	3/5, 3/12, 3/19, 3/26, 4/2, 4/9	\$60
April-May	4/23, 4/30, 5/7, 5/14, 5/21	\$50

Please Note: There Will Be No Classes Held On: 7/4, 8/22, 8/29, 9/5, 10/10, 10/31, 11/21, 12/26, 1/2, 1/16, 2/20, 4/16, 5/28

Schedule IS Subject to Change—Additional Classes May Be Added if Requested.
For More Information, Call Mary P. Nolan at 266-3704 or Dancebiz at 254-0300.

Performance Opportunitites!!!

8/15: there will be an informal presentation at the end of class for family and friends!

June: Dancebiz Recital date to be announced!

Other: There will be various informal presentations throughout the year-TBA!

Registration IS Required:

- Submit “Contact Us” Form at www.balletclassesforadults.art.officelive.com OR
- Send an email to marypnolan@hotmail.com

Payment Due 1st Class of Each Session:

- Cash or Check Payable to “Dancebiz”

Dance or Exercise Apparel and Ballet Shoes are Recommended!

- Did you take Ballet as a child or have you always dreamed of taking Ballet? Follow your passion and try an adult Ballet class! It's never too late to learn Ballet or return to it after several years.
- Ballet offers something for both men and women. It is one of the most beneficial forms of physical activity that strengthens essential muscles used in everyday life.
- Ballet is good for your body, as well as your mind. Besides promoting cardiovascular fitness and good posture, Ballet class also helps to reduce stress.
- Stretching is an important element of Ballet. As your body ages, stretching and strengthening are extremely beneficial.
- In the adult Ballet classes taught by Mary Nolan, barre exercises, centre adagio, allegro and across the floor work will tone the body, build strength, increase endurance & flexibility and improve gracefulness.
- The goal of Ballet Classes for Adults is to strengthen and tone your body and most of all, to have FUN! Ballet is for ALL ages!!!
- “Dance is the only form of exercise that motivates and inspires me, especially when I am teaching. Joining a club or working out at home just doesn't cut it for me!
- If you have danced or always wanted to, try my ballet class! My goal is to motivate and inspire YOU!” – Mary P. Nolan