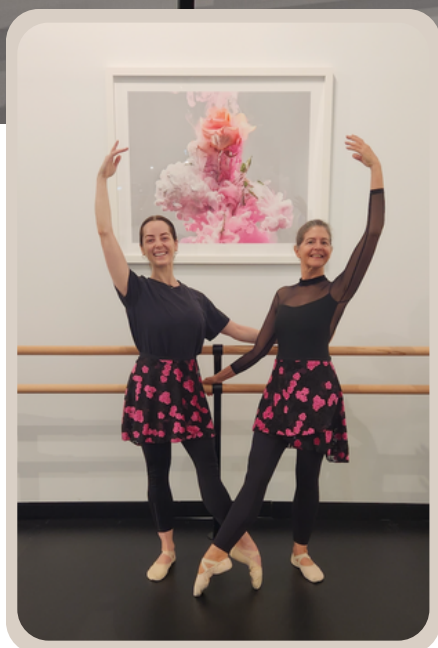


Welcome

IN-PERSON CLASSES AT BALANCED BALLERINAS HQ



*A step-by-step guide
to help choose the perfect
class for YOU and find
balance through the
beautiful world of ballet.*

What level is right for YOU?

1.

BEGINNER BALLET

- someone who is new to the world of ballet
- someone who hasn't attended a ballet class in a long time
- someone who has experience with ballet (eg. attends 'Intermediate' or 'Advanced' classes) but wants to master their technique and skills
- someone who wants to leave the studio feeling graceful, mindful and strong

2.

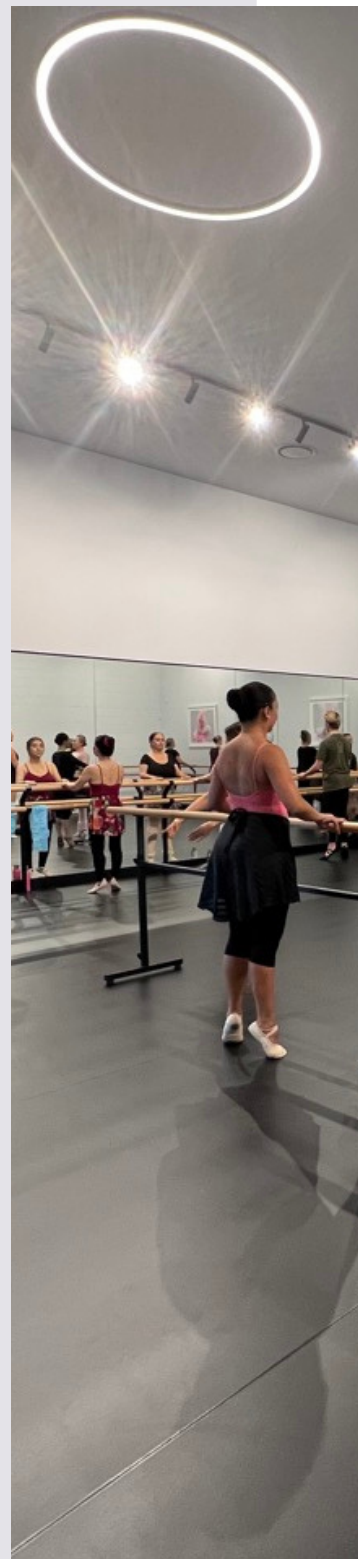
INTERMEDIATE BALLET

- someone who has been participating in regular 'Beginner' classes
- someone who has a good grasp on basic ballet technique
- someone who is at an 'Advanced' level but would like to go a little slower to master their technique and skills

3.

ADVANCED BALLET

- someone who has been regularly participating in 'Intermediate' classes and wants a challenge
- someone who is returning to class after a professional career in dance
- someone who studied classical ballet seriously as a child into their teenage years
- someone who is a professional dancer looking for open class



Would you love to learn pointe work?



important tip!

Beginner students must attend 'Pointe Technique Class' in flat ballet shoes.

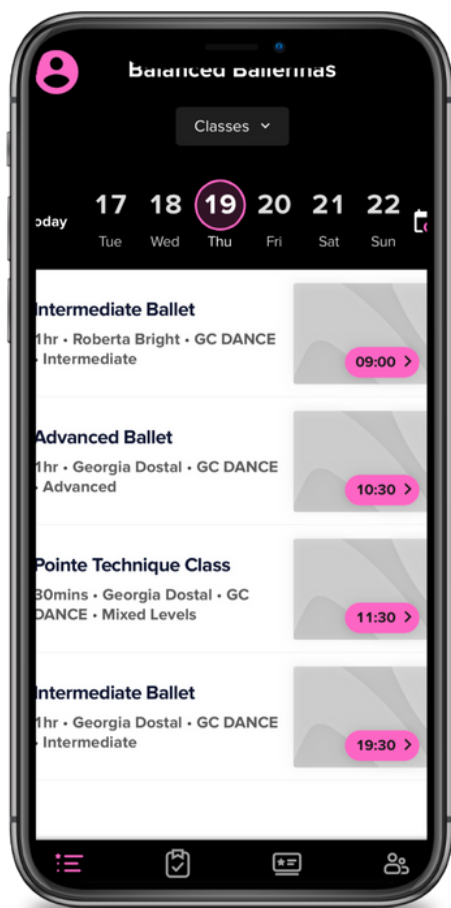
Intermediate and Advanced students must pass a pre-pointe assessment (conducted by an approved physiotherapist) before attending 'Pointe Technique Class' in pointe shoes.

This rule does not apply to ex or current professional classical ballet dancers.

What to wear to an adult ballet class...



- Activewear or dance wear is acceptable
- Regular socks are acceptable for the first few classes (no bare feet)
- Ballet shoes are available for purchase from the studio (please contact us if you would like to book in a fitting)
- No excessive jewellery or items that make noise when moving
- Long hair needs to be pulled back off the face



HOW TO BOOK

Bookings are essential...

1. DOWNLOAD THE GLOFOX BOOKING APP
2. SEARCH 'BALANCED BALLERINAS'
3. REGISTER & BOOK YOUR CLASSES

All class packs (including casual passes) have a 6 month expiry date.

All bookings have a 3 hour cancellation window. If you cancel class within the time frame your class pass will be available for future use with a 6 month expiry date.

If you're on the waitlist and someone cancels, everyone on the waitlist will be notified via email and the first person to accept the vacancy can attend class.

1 x casual pass \$22

5 x class pack \$100 (saving of \$10)

10 x class pack \$180 (saving of \$40)

Class packs cannot be used for special events (eg. workshops or retreats) and Pointe Technique Class which costs \$12 as it's only half an hour.



What a wonderful and supportive studio.

Great technique, focus; the perfect environment for an adult ballet dancer.

Jackie McCracken

Photography / Videography Policy

PLEASE READ BEFORE COMMENCING CLASSES

We are committed to providing a safe, supportive and enjoyable learning environment for every participant.

To ensure the safety of all students NO unauthorised filming or photography should take place during class by participants.

Students are welcome to take a photo or video before/after class. However we kindly ask that other students don't appear in the background without their permission.

Sometimes a GC Dance or Balanced Ballerinas staff member will film or photograph a very small section of class for marketing purposes.

Only in special circumstances will a student be immediately identifiable or named in the sharing of this content.

We strongly believe that *you can't be what you can't see* and our students provide inspiration for many around the world to begin ballet training at any age, gender, ethnicity or ability...

Students participating in our classes contribute towards a more inclusive, diverse and less stereotypical view of ballet!

The utmost care and consideration takes place before using this imagery on social media or marketing material.

Please note that upon signing up for class (through GloFox) you are agreeing to our terms and conditions that make students aware of occasional videography or photography.

Anyone who is uncomfortable being filmed or photographed has the right to decline by simply letting a GC Dance or Balanced Ballerinas staff member aware.

TIMETABLE

MONDAY

11AM BEGINNER BALLET

TUESDAY

10.30AM INTERMEDIATE BALLET

11.30AM POINTE TECHNIQUE

7.30PM INTERMEDIATE BALLET

WEDNESDAY

11AM BEGINNER BALLET

6PM POINTE TECHNIQUE & BODY CONDITIONING

7.30PM BEGINNER BALLET

THURSDAY

10.30AM ADVANCED BALLET

11.30AM POINTE TECHNIQUE

7.30PM INTERMEDIATE BALLET

We also have workshops and guest teachers throughout the year.
Information about these are shared in the Balanced Ballerinas newsletter.



*I so look forward to welcoming
you to our inclusive, beautiful
adult ballet community!*

Georgia x

hello@balancedballerinas.com

balancedballerinas.com
