

Spring 2023 for Adults & Teens

Ages 15 & up

We welcome the beginner to advanced, the teen or college student, and the professional to take classes in an upbeat atmosphere with Memphis's best instructors. For those that would love to add dance back into your fitness regime, we guarantee this is the fun workout you have been looking for!

Teen Student Fees: Contact Administrator Kendra@ChildrensBalletTheater.com for price list.

Adults & Professionals: Special pricing

\$15 per class Drop in (For new students only)

In-Studio Trial Class \$15

Monthly unlimited one day a week class card \$60 - Valid for one day a week (Must be the same day each week. No makeups)

Monthly unlimited class card \$145 - Valid for all daytime classes (There are minimum spaces available for Saturday and evening classes. Registration required. See info below.)

Spring Semester

January 1 - April 29

Closed: Easter Weekend

(Limited Classes offered during closed dates TBA)

Morning / Lunch Hour Classes

Mondays

11:15-12:30pm Intermediate Ballet - Alyssa Abbas

Tuesday

2:00-3:00pm Adv Modern - Erin Walter

Wednesdays

11:15 - 12:30pm Intermediate Ballet - Alyssa Abbas

Thursdays

2:00-3:00pm Advanced Modern - Erin Walter

Fridays

10:10 to 11:10 Beginner Ballet - Alyssa Abbas

11:15 to 12:30pm Beg/ Int Ballet- Alyssa Abbas

Evening Class Schedule

There is a limit on evening classes sizes. Please email Kendra Garner [HERE](#) 24 hours in advance to attend - no exceptions. Evening classes will include Intermediate / Advanced Level CBT teen dancers.

Mondays

6:35 to 7:45pm Intermediate/Advanced Ballet- Erin teens and adults)

Limit 8

Wednesdays

6:30 to 7:45pm Intermediate / Advanced Ballet- Alyssa

This class is advanced, high degree of difficulty (teens may join with permission)

Limit 8

Thursdays

5:00-6:30 Intermediate/Advanced Ballet- Alyssa

7:45-8:30 Int/adv Jazz dance- Stephen Prince Tate

Limit 6

Saturday

11:30 to 1:00pm Intermediate/Advanced- Mary Limit 8

Class Descriptions

Please bring a hand towel for sweat. Dance socks or jazz shoes are required in all contemporary dance classes, in order to protect the floor for pointework.

Beginner to advanced levels of French and Russian style Ballet - All levels of dancer from the beginner to the professional love learning the secrets to Russian ballet training including the elegant hands and arms, combre, strength, elongation, high jumps, and strong turns, in the upbeat atmosphere of Tennessee Ballet Theater/Children's Ballet Theater.

Beg/int and advanced Modern - Modern class will incorporate the many foundations of modern technique, including suspension and release; fall and recovery; the use of momentum and connecting breath with movement; Contract and release; and organic movement. Students will learn a variety of techniques including Horton, Graham, Limon, and Duncan.

IMPORTANT AND REQUIRED INFORMATION

Dress for class information for adults is available on our dress code page. Have fun and be safe in our large airy studio! *For private lessons, please contact kendragarner0@gmail.com* Please remove your shoes, and put your bag on one of the shelves when you enter the studio area. Park in the lot near the building, excepting if there are children's classes occurring. In this case park in the lot across the street. Dancers are asked to change at home when possible so that the bathroom is not taken up.