

dance ffun Studio

Adult Ballet is for all of us who has always Danced in our Dreams and need to make it a Reality. And for some of us who had the Reality as a child and need to capture the Dream again.

Dancing is a fun and sociable way to stay fit for people of all ages.

Dance has no age restriction

Your dreams and the body you have now are all you need to dance.

Ballet for Adults:

Where the grace, elegance and joy of Classical Ballet is enjoyed in a friendly environment for Adult Beginners.

Suitable for Adult beginners and those who danced in their younger year's .Enjoy the elation of Dance while developing grace, flexibility and strength.

(Core Strength: Muscles of Stomach and Upper back)

Adult Ballet is suitable for all shapes, sizes, gender and age regardless of fitness level.

It is taught within the physical ability of the Dancer while still complying with the true classical techniques of Ballet. There is no pressure of exams just the strive to improve technique and the pure joy of Dance.

Adults over 60 or those with medical conditions will have to show a medical certificate to confirm they may participate.

Ballet Attire.

Level1 : Stretch pants and T shirt. Socks or Ballet Shoes.

You will know when you are ready for proper Ballet Gear: Leotard,tights, Ballet Shoes.

Fees

\$13 per lesson. 1 hour Class

Please contact me :

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