



Nancy Cowan School of DANCE

BALLET PROGRAM FOR ADULTS – Class Descriptions

Ballet for adults is a great form of exercise. It develops and improves poise, posture, core strength, flexibility, grace and co-ordination.

Adult Level I

Always wanted to try ballet, looking for a new gentle form of exercise or returning to ballet after an extended period of time – this class lets you experience ballet at your speed and ability. Learn body and muscle awareness, posture, movement and basic ballet technique. No experience required.

Adult Level II

Two or more years previous dance training required. Improve on techniques learned in Level I. More barre, centre and allegro movements are introduced. Enjoy a class of movement focusing on you.

Adult Level III

Four or more years dance training required. A continuation of techniques learned in the previous levels. New barre, centre and allegro movements are introduced. This level will integrate into the regular Ballet IV class with the older teen students.