

ADULT BALLET

Encinitas Ballet Academy | 760.632.4947



CURRICULUM

- ❖ Adult Beginner Ballet
- ❖ Adult Intermediate/Advanced Ballet
- ❖ Teen Ballet
- ❖ Performance Opportunities and Summer Camp



❖ What to Wear for Adult Ballet Classes

Wear what makes you feel comfortable and confident! If tights and a leotard aren't your style, opt for a T-shirt and sweatpants or leggings and a fitted top. The key is to wear something that allows full range of motion while keeping you comfortable. Ballet shoes are recommended for proper support and technique.

At Encinitas Ballet Academy, our adult ballet program welcomes students of all levels, whether they are returning to ballet after studying in their youth or trying it for the first time. Our classes are designed to teach discipline while embracing each student's individual journey, with a focus on improving posture, strength, and stamina.

We foster a safe, positive, and body-positive ballet community that is inclusive of all students, regardless of their stage in life. Our current adult ballet students have created a warm and welcoming environment and are always eager to have new members join them as they experience the joy of dance together.

If you've always dreamed of taking ballet but felt it was too late to start, our adult ballet classes provide a wonderful opportunity to tone and strengthen your body while learning the foundational techniques of ballet. This program offers not only physical benefits but also a chance to be part of a supportive and uplifting community that celebrates the love of dance at any age.

