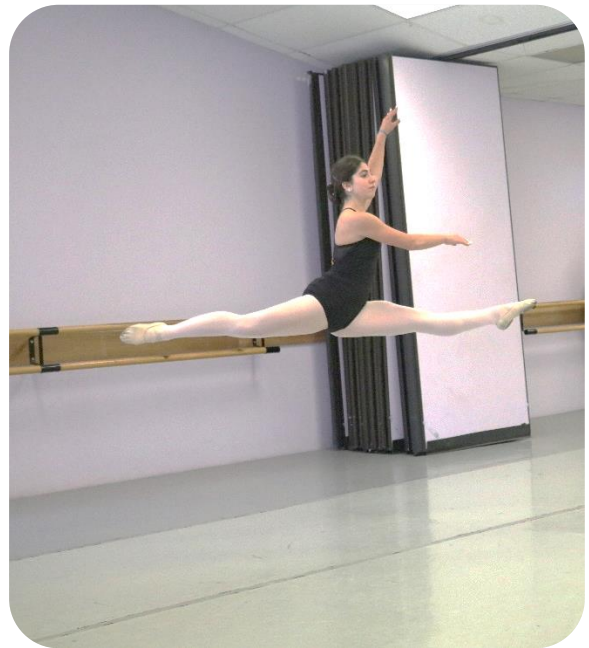


COMPETITIVE ATHLETE TRAINING: FIGURE SKATING/GYMNASTICS/ ARTISTIC SWIMMING

Encinitas Ballet Academy | 760.632.4947



Encinitas Ballet Academy is renowned for offering private lessons that attract individuals from across San Diego County, seeking specialized training in ballet technique. These personalized sessions are designed not only for aspiring dancers but also for athletes in disciplines such as figure skating, gymnastics, and artistic swimming, where foundational ballet skills are essential for success.

Through private instruction with our highly qualified staff, athletes gain a competitive edge by refining the technical elements of ballet that enhance their performance in their respective sports. Our focus is on developing the precision, strength, and coordination required to execute complex and strenuous movements safely, such as jumps, spins, and intricate routines. By integrating ballet technique into their training, athletes are better equipped to master their craft with grace, agility, and control, ultimately elevating their overall athletic performance.