

CBYE
presents

BalleToning



Dance conditioning for young artists!

A special class designed to meet the goals and challenges of dancers training in ballet and jazz.

Combines conditioning exercises to help dancers achieve their optimal level of endurance, technique, and artistry.

Class exercises target the following dance skills:

- Secure Pirouettes
- Higher Jumps
- Increased Flexibility
- Full Leg and Arm Extensions
- Pointe Work
- Elegance
- Improvisation
- Body Conditioning & Sculpture

Learn to be your own coach and train yourself to understand the challenges that you encounter in your daily training!

Schedule	Class Requirements
<p>Sat. 1:30 pm (open class)</p> <p>* Class times subject to change. Contact CBYE to confirm schedule</p>	<ul style="list-style-type: none">▪ Previous ballet or jazz experience required▪ Regular ballet or jazz attire and shoes

Come and join us with Professional Ballet Master Mercedes Bernardez

FOR REGISTRATION AND MORE INFORMATION CONTACT
info@cbye.ca or 905-512-1453

Cbye DANCE CLASS Fees & Class Packages 2009

The below fee breakdown applies to Balletoning, BalletExercises, and Salsa Workout classes.

	Package	Fee	Cbye Member Discount
Students	Drop In Class *	\$ 10	\$ 8
	6 Classes	\$ 50	\$ 40
	10 Classes	\$ 90	\$ 72
	15 Classes	\$ 130	\$ 112
	Private Lesson	\$ 55	\$ 40
Adults	Drop In Class *	\$ 15	\$ 10
	6 Classes	\$ 75	\$ 60
	10 Classes	\$ 135	\$ 108
	15 Classes	\$ 195	\$ 166
Seniors	Drop In Class *	\$ 5	
	6 Classes	\$ 25	
	10 Classes	\$ 45	
	15 Classes	\$ 70	

*** Drop In Classes:** Please notify the Cbye office at least one day prior to attending a drop in class.

**To register please contact Cbye at:
info@cbye.ca or 905-512-1453**

Methods of Payment Accepted:

- Cheque – Made payable to the Canadian Ballet Youth Ensemble
- Cash

* All payments must be received prior to the start of the class.