



ALAMEDA BALLET ACADEMY

ARTISTIC DIRECTOR ABRA RUDISILL

2023-2024 CLASS SCHEDULE

Runs Aug 21, 2023 - May 25, 2024

CLASS(ES) PER WEEK	DAY	TIME	LEOTARD COLOR
Dance with Me Ballet Ages 3-4 + 1 Caregiver			
1 class/wk <i>10-wk Series: Sept 9 - Nov 11</i>	Sat	9:00-9:45 am	Pink
Pre-Ballet Ages 4-5+			
1 class/wk <i>Choose 1 day from 3 options</i>	Mon	3:45-4:30 pm	Pink
	Wed	3:45-4:30 pm	
	Sat	10:00-10:45 am	
Ballet 1 Ages 6-7+			
1 class/wk <i>Choose 1 day from 3 options</i>	Wed	3:45-4:45 pm	Light Blue
	Fri	3:45-4:45 pm	
	Sat	11:00 am-12:00 pm	
Ballet 1.5 Ages 6-7+ (by invite only)			
1 class/wk <i>Choose 1 day from 2 options</i>	Mon	3:45-4:45 pm	Light Blue
	Sat	11:00 am-12:00 pm	
Ballet 2 Ages 8-10+			
2 classes/wk <i>Choose 2 days from 3 options</i>	Tues	3:45-5:00 pm	Lavendar
	Thurs	3:45-5:00 pm	
	Sat	12:15-1:30 pm	
Ballet 2.5 Ages 8-10+ (by invite only)			
2 classes/wk	Tues	3:45-5:00 pm	Lavendar
	Thurs	3:45-5:00 pm	
Ballet 3 with Pre-Pointe Ages 10+			
3 classes/wk	M/W/F	5:00-6:45 pm	Burgundy
Ballet 4 Ages 12+			
3 Tech classes/wk 2 Pointe classes/wk 1 Contemporary class/wk	Tues	5:15-6:45 pm Tech 6:45-7:15 pm Pointe	Teal
	Thurs	5:15-6:45 pm Tech 7:00-8:00 pm Contemporary <i>*possible rehearsal 8-9 pm</i>	
	Sat	12:15-1:45 pm Tech 1:45-2:15 pm Pointe	
Ballet 5 Ages 13+			
3 Tech classes/wk 2 Pointe classes/wk 1 Contemporary class/wk 1 YAGP/Rhsl class/wk	Tues	5:15-6:45 pm Tech 6:45-7:15 pm Pointe	Royal Blue
	Thurs	5:15-6:45 pm Tech 7:00-8:00 pm Contemporary <i>*possible rehearsal 8-9 pm</i>	
	Sat	12:15-1:45 pm Tech 1:45-2:15 pm Pointe	
		2:30-5:00 pm YAGP/Rhsl	
Ballet 6 Ages 14+			
3 Tech + Pointe classes/wk 1 Contemporary class/wk 1 YAGP/Rhsl class/wk	M/W/F	5:00-7:00 pm	Black
	Thurs	5:15-6:45 pm Contemporary <i>*possible rehearsal 8-9 pm</i>	
	Sat	2:30-5:00 pm	
Teen Ballet Ages 12-18			
Beginning Teen Ballet	Tues	5:15-6:40 pm	Black
Adult Ballet 6-week Series Ages 18+			
Introduction to Adult Ballet	Tues	7:00-8:00 pm	Dancer's Choice
Ballet Body Toning	Wed	7:10-8:10 pm	
Beginning Adult Ballet	Thurs	7:00-8:30 pm	