

L'ÉCOLE  
SUPÉRIEURE DE  
**BALLET**  
DU QUÉBEC

RECREATIONAL DIVISION

**A D U L T S**

**SUMMER 2019**

JULY 2 TO AUGUST 8

CLASS / SCHEDULE Subject to a sufficient number of registrations	PRICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Ballet initiation	\$ 150	18:35 - 20:05*		18:35 - 20:05	
Beginners	\$ 150		18:35 - 20:05		18:35 - 20:05
Elementary	\$ 150	18:35 - 20:05*		18:35 - 20:05	
Pre-intermediate	\$ 150		18:35 - 20:05		17:00 - 18:30
Intermediate-advanced	\$ 150		18:35 - 20:05		18:35 - 20:05
Intermediate-advanced + pointes	\$ 222		18:35 - 20:05 20:10 - 20:40		
Ballet Energy I	\$ 150	18:35 - 20:05*			
Ballet Energy I - II	\$ 150			18:35 - 20:05	
Ballet Energy III	\$ 150				18:35 - 20:05
Pilates	\$ 96		18:35 - 19:35		
<b>ONLY DURING SUMMER SESSION</b>					
Stretching - all levels	\$ 60	20:10 - 20:40**	20:10 - 20:40	20:10 - 20:40	
Choreographic workshop - all levels	\$ 120		19:45 - 21:15		
Broadway Jazz	\$ 120			18:35 - 20:05	
<b>NEW THIS SESSION</b>					
Urban dance initiation workshop	\$ 120				18:35 - 19:50

\* This ballet course has one less class during the session, \$ 125 instead of \$ 150.

\*\*This stretching course has one less class during the session, \$ 50 instead of \$ 60

**2019 JULY**

L	M	M	J	V	S	D
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1 - Canada Day  
2 - Summer classes begin

**2019 AUGUST**

L	M	M	J	V	S	D
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

8 - End of Summer classes

**Registration**  
starts on  
**May 21<sup>st</sup>, 2019**

[www.esbq.ca](http://www.esbq.ca)

## THE MORE YOU DANCE, THE MORE YOU SAVE!

Get up to **50% off** by signing up for additional courses during the session, except for stretching classes.

The discount applies to the cheapest class

## KEEP IT *flex* THIS SUMMER

Choose the **unlimited summer** pass and select as many «à la carte» courses as you wish.

**\$ 275** for the entire session

### Parking

Indicate at the reception the parking space number you're occupying.

Price: 4 \$

Monday to Thursday 17:00 - 22:00  
Saturday and Sunday 09:00 - 17:00

### Changing room

Ground floor level

**Clothes, shoes and boots** should remain in a locker during classes. Use a padlock and make sure you do not forget any personal belongings.

L'École supérieure is not responsible for any lost or stolen items.

### Suggested Dress Code

No uniform is required, however, it is recommended to wear **fitted clothes** to help your teacher see and correct your posture and your movements more effectively:

- T-shirt or leotard
- Leggings or tights

For ballet classes, opt for leather or canvas shoes.

To avoid injuries, we advise against wearing jewellery and watches.

Bring a **towel** if you would like to use one of our mattresses for floor exercises

For the comfort of everyone, please use a deodorant or an equivalent product. Avoid using products that are too fragrant.

Our partners offer you **10% off** on your dancewear purchase

**Rossetti**  
DE MONTREAL

danz<sup>co</sup>

3923, rue St-Denis | 514 842-7337

920, rue Jean-Talon Est | 514 271-6512



## BALLET AS A GIFT!

WHATEVER THE OCCASION,  
OUR CARD IS THE  
PERFECT GIFT!

Starting at \$ 25, details  
available on our online store

Information and registration  
[www.esbq.ca](http://www.esbq.ca)