

L'ÉCOLE
SUPÉRIEURE DE

BALLET

DU QUÉBEC

RECREATIONAL DIVISION
ADULTS

FALL
2019

NEW | FALL SPECIAL OFFER | FROM SEPTEMBER 8TH TO 13TH

DANCE
AS MUCH
AS YOU WANT

UNLIMITED COURSES
FOR **\$35 ONLY**
TAXES INCLUDED
A GREAT OPPORTUNITY

FALL SESSION | FROM SEPTEMBER 15TH TO DECEMBER 16TH

CLASS / SCHEDULE <small>Subject to a sufficient number of registrations</small>	SESSION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ballet initiation	\$325		19:15 - 20:45	18:45 - 20:15	19:15 - 20:45		
Beginner	\$325	11:30 - 13:00 ☀		18:45 - 20:15		18:45 - 20:15	
Elementary	\$325	13:00 - 14:30 ☀	13:45 - 15:15 ☀	18:45 - 20:15		18:45 - 20:15	
Pre-intermediate	\$325	10:00 - 11:30 ☀		18:30 - 20:00	12:00 - 13:30 ☀ 20:05 - 21:35		
Intermediate	\$325		20:00 - 21:30				
Intermediate + advanced	\$390						18:15 - 20:00
Intermediate + repertoire + pointes	\$546						18:15 - 20:00 + 20:05 - 20:35
Advanced	\$325			18:30 - 20:00		18:30 - 20:00	
Ballet men	\$325		18:30 - 20:00				
Ballet Energy I	\$325	14:30 - 16:00 ☀		18:45 - 20:15			
Ballet Energy II	\$325				19:30 - 21:00		
Ballet Energy III	\$325		19:30 - 21:00			20:00 - 21:30	
Ballet Energy IV	\$325						18:30 - 20:00
Pilates (all levels)	\$208	13:15 - 14:15 ☀				18:45 - 19:45	
N Ballet classes for 55+ (all levels)	\$325		12:00 - 13:30 ☀				
N Stretching (all levels)	\$208			12:00 - 13:00 ☀			
N Stretching + Gyrokinesis® (all levels)	\$260		19:15 - 20:30				
N Initiation to urban dance (all levels)	\$293			18:30 - 19:45			18:30 - 19:45

☀ Day courses

N New courses

Details and registration on www.esbq.ca

NEW!

STRETCHING WITH THE GYROKINESIS® APPROACH

Open to all!

Prepare your body for dance!

MONDAY

19:15 - 20:30



BALLET FOR 55 +

Ballet is perfect for all ages!

MONDAY

12:00 - 13:30

INITIATION TO URBAN DANCE

Open to all!

Come and dance different urban styles on a vibrant and dynamic music.

MONDAY & FRIDAY

18:30 - 19:45



KEEP IT *flex*

Register for the full year for only **\$55/week** and **get unlimited access to all classes!**

You will also get:

- A free trial class for a friend
- 10% off a selection of items in our shop
- A free subscription to the Bibliothèque de la danse Vincent Warren



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.

Parking

Please indicate to the reception the parking space number you're occupying.

Price: \$4

Monday and Friday	17:00 - 22:00
Saturday	08:45 - 17:00
Sunday	09:00 - 16:30

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..

SEPTEMBER 2019

M	T	W	T	F	S	S
						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						

7 - Classes begin

OCTOBER 2019

M	T	W	T	F	S	S
	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			

12, 13 and 14 - Thanksgiving

NOVEMBER 2019

M	T	W	T	F	S	S
				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	

DECEMBER 2019

M	T	W	T	F	S	S
						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					

December 17th to January 5th - Holiday season