

L'ÉCOLE  
SUPÉRIEURE DE

# BALLET

DU QUÉBEC

RECREATIONAL DIVISION  
**ADULTS**

**FALL**  
2019

# DANCE

*just for fun*

FALL SEASON | FROM SEPTEMBER 15<sup>TH</sup> TO DECEMBER 16<sup>TH</sup>

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\$	09:30 - 11:00 ☀		18:30 - 20:00	12:00 - 13:30 ☀ 20:05 - 21:35		
<b>N</b> Pre-intermediate pointes (7 weeks)	84\$	11:00 - 11:30 ☀		20:05 - 20:35	13:35 - 14:05 ☀		
Intermediate	325\$		20:00 - 21:30				
Intermediate + repertoire	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	
<b>N</b> Advanced pointes (7 weeks)	84\$					20:05-20:35	
Ballet men	325\$		18:30 - 20:00				
Ballet energy I-II	325\$			18:45 - 20:15			
Ballet energy III-IV	325\$		19:30 - 21:00				
Pilates (all levels)	208\$	13:15 - 14:15 ☀				18:45 - 19:45	
<b>N</b> Ballet classes for 55+ (all levels)	325\$		12:00 - 13:30 ☀				
<b>N</b> Stretching + Gyrokinesis* (all levels)	260\$		19:15 - 20:30				
<b>N</b> Initiation to urban dance (all levels)	293\$			18:30 - 19:45			

☀ Day courses

**N** New courses

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

Want to try a class?

First create your [online account](#) to speed up the process for your visit.

**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.



TUESDAY

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	

24 - Registration for winter session

### 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 17<sup>th</sup> to January 5<sup>th</sup> - Holiday season