

L'ÉCOLE
SUPÉRIEURE DE

BALLET

DU QUÉBEC

RECREATIONAL DIVISION
ADULTS

WINTER
2020

DANCE

Just for Fun

WINTER SESSION | FROM JANUARY 6TH TO AVRIL 9TH

CLASS / SCHEDULE <small>Subject to a sufficient number of registrations</small>	SESSION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ballet Initiation	\$325		19:30 – 21:00		19:15 – 20:45		
Gentle Ballet	\$325		12:00 – 13:30 ☀				
Beginner	\$325	11:30 – 13:00 (\$275)* ☀		18:45 – 20:15		18:45 – 20:15	
Elementary	\$325	13:00 – 14:30 (\$275)* ☀	13:45 – 15:15 ☀			18:45 – 20:15	
Elementary / Pre-intermediate	\$325			12:00 – 13:30 ☀			
Pre-intermediate	\$325	09:30 – 11:00 (\$275)* ☀		18:30 – 20:00	12:00 – 13:30 20:05 – 21:35 ☀		
Pre-intermediate + Pointes	\$481	09:30 – 11:30 (\$407)* ☀		18:30 – 20:35	12:00 – 14:05 ☀		
Intermediate	\$325		20:00 – 21:30				
Intermediate + Répertoire	\$360						18:15 – 20:00
Intermediate + Répertoire + Pointes	\$504						18:15 – 20:00 + 20:05 – 20:35
Advanced	\$325			18:30 – 20:00		18:30 – 20:00	
Advanced + Pointes	\$481					18:30 – 20:35	
Ballet Men	\$325		18:30 – 20:00				
Ballet Energy I-II	\$325			18:45 – 20:15			
Ballet Energy II	\$325				19:30 – 21:00		
Ballet Energy III	\$325		19:30 – 21:00				
Pilates (all levels)	\$260	13:00 – 14:15 (\$220)* ☀				18:30 – 19:45	
Stretching + Gyrokinesis [®] (all levels)	\$260		19:15 – 20:30			12:00 – 13:15 ☀	

☀ Day courses

* Sunday classes have a different price because there are 2 classes less during the session.

Details and registration on www.esbq.ca

Want to try a class?

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

A 20\$ membership fee is payable for any registration.

A 1% service charge is added to the total purchase before tax.

THE MORE YOU DANCE, THE MORE YOU SAVE!

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

The discount applies to the cheapest class.

OR EVEN BETTER !

TAKE ADVANTAGE OF OUR
flex PACKAGE

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 on selected items in our shop
- A free subscription to the Bibliothèque de la danse Vincent-Warren



SUGGESTED DRESSED 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 efficiently:

- T-shirt or leotard
- Leggings or tights

For ballet classes, opt for leather or canvas shoes.

To avoid injuries, we suggest not 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.

CELLPHONES



The use of cellphones is strictly prohibited in the studios.

OUR PARTNERS OFFER YOU 10% OFF YOUR DANCEWEAR PURCHASES

Rossetti
DE MONTREAL

3923, rue St-Denis
514 842-7337

danz

920, rue Jean-Talon Est
514 271-6512

PARKING

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

Price: 4 \$

Monday to 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.

JANUARY 2020

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		

6 - Classes begin
26 - Day off (professional division's auditions)

FEBRUARY 2020

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	

29 - Spring break

MARCH 2020

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					

7 - Classes begin
30 - Registration for spring session

APRIL 2020

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			

9 - Winter session ends
10th to 13th - Easter break
14 - Spring session begins