


Fall, 2023 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:30 Level 4 Pre-Pointe	4:00 - 4:45 Kinder 1 Ballet (2-3yrs) Movement and learning discipline of ballet classroom/basic technical skills are taught if readiness shown	4:00-5:00 Level 1 Ballet Technique	4:00-5:00 Open/Youth Tap	4:00-5:45 1 hr Advanced Level 1 & Level 2 Technique 5-5:45 Level 2 Contemporary	10:00-11:00 Open/Advanced Tap
4:30 - 5:30 Level 3/4 Technique	4:45 - 5:45 Kinder 2 Ballet Basic Prep. (4-5yrs)	5:00—6:00 Level 2 Technique	5:10-5:55 Core/Pilates (Level 3/4. Pre-Intermediate, Adults)	6:00-7:30 Beginning Adult Ballet	11:00-12:00 Stretch/flexibility Level 3-Intermediate/ Pre-Profess. Levels
5:30-7:00 Pre-Intermediate/ Pre-Profess. /Tech & Pointe	5:45-7:45 Level 3,4 Ballet 1. 25 hr Technique 45 min Contemporary	6:00-8:00 Pre-Intermediate/ Pre-Profess. 1 hr Tech & 1 hr Pointe	6:00-8:00 Pre- Intermediate/ Pre-Profess. Tech/Pointe	6:00-7:30 Beginning Adult Ballet	12:00-2:00 Pre-Intermediate/Pre- Profess. Pointe/ Variation/partnering/ rehearsals 2pm and on Clara's Enchanted Dream Rehearsals
7:00-8:00 Adv. Beg. Adult Ballet	7:45-8:45 Advanced Contemporary	Fall Semester 2023 August 7-December 22 Winter/Spring Semester 2024 January 6-June 15 Summer 2024 Session July 1-July 31 Fall Semester 2024: August 5-Dec 21			Sunday Clara's Enchanted Dream Rehearsals 9 am- 3 pm
8:00-8:30 Adult pointe		School Holidays Labor Day: Sept 4, 23 Thanksgiving: Nov 22-24, 2023 Christmas: Dec 23-Jan 5 Presidents Day: Feb 19, 2024 Easter: March 29-31, 2024 Memorial Day: May 27, 2024 Labor Day: Sept 2, 2024			

**Welcome to
Contessi Ballet School**

Marcella Contessi Smith founded the Contessi Ballet School over 40 years ago. As of August 2018, the North Bay Performing Arts Association, now owns and operates the business as a non-profit organization. We have highly talented, professionally trained and experienced teachers in the performing arts who train our students using the Vaganova and Cecchetti methods. We are proud of the excellent reputation Marcella Contessi Smith has built and we are dedicated to maintaining high quality classical training at our school. Instruction methods and techniques are based on the firm belief that every student has something to offer and learning should be fun and exciting! We are committed to small class sizes so that each student receives a generous amount of personal attention as well as an education in the history of classical ballet and other forms of dance.



Ballet attire for students:

Capezio training leotards

Marin Dancewear, Novato/Amazon

Pink tights, pink ballet slippers and hair in bun

Kinder: Pink, cap sleeve CC400C

Level 1-2: Lt. Blue, cap sleeve, CC400C

Level 3-4: Royal Blue CC202

Level 5-6: Red CC202

Pre-Intermediate/Pre-Professional: Black CC202

Intermediate/Pre-Professional: Burgundy CC202

*CBS tuition rates:
Please contact the studio.