

2024 FALL SCHEDULE



North Bay Performing Arts Association **Contessi Ballet School**

Classical Ballet, Pas de Deux, Pilates
Contemporary & Jazz, Tap & Hip Hop

Children and Adult Classes

The only non-profit studio in Sonoma County has a highly talented, professionally trained, experienced teachers in the performing arts. We are proud of the excellent reputation we have built since 1976, and are dedicated to maintaining quality.

707-242-3478

nbpacontessiballet@gmail.com

www.contessiballet.org

In the historic train station building
11790 Main Street, Suite E
Penngrove, CA



Contessi Ballet School's Clara's Enchanted Dream Winter Production



North Bay Performing Arts Association
Contessi Ballet School

Finest Non-Profit School for the
Performing Arts!

FACULTY

Classical Ballet Program

Deborah Palesch

Andrea Beach

Elena Mankowski

STOTT Pilates Program

Michelle Hirsch

Tap Program

Messina Lewis

Hip Hop Program

Messina Lewis

Jazz/Contemporary Program

Javi Arriaga

Email today for more information.
nbpacontessiballet@gmail.com
Register for Class Online at:



North Bay Performing Arts Association
Contessi Ballet School, Fall Semester, 2024

Kinder 1 &2;Levels 1-6; Pre-Intermed./Intermed.;Adult Program;Tap/Hip Hop/Contemporary

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30-5:30 Technique Level 3/4 Teacher Deborah/Guest	4:30– 5:15 Kinder 2 Ballet (4-5 yrs) Teacher: Elena	4:00-5:00 Youth Contemporary Teacher: Javi	4:00-5:00 Open Beginning Tap Teacher: Messina	4:15-5:15 Level 1 Ballet Technique Teacher: Elena	9 am-10 am Open rehearsals/ makeups <hr/> 10:00-10:45 a.m. Kinder 1 Ballet (2-3yrs) Teacher: Andrea
5:30 - 6:00 Pre-Pointe/Pointe Teacher: Deborah/Guest	5:15-6:30 Level 2 Technique Teacher: Elena	5:00-6:00 Advanced Level 1 Ballet Technique Teacher: Andrea	5:00-6:00 Open Hip Hop Teacher: Messina	5:15-6:15 Level 2 Technique Teacher: Elena	11:00-12:30 pm Combined Technique/ Pointe Class Level 4-PreIntermed. & Advanced Adult Ballet Instructor: Deborah/Guest
6:15-7:30 Advanced Adult Ballet Teacher: Deborah/ Guest	6:30 –7:30 Pre-Intermediate Pointe Teacher Andrea/Guest	6:00-7:00 Level 3/4 Technique Teacher Andrea	6:00-7:00 Open Contemporary/ Jazz Teacher: Javi	6:15-7:15 Beginning Adult Ballet Teacher: Andrea	12:30-1:30 pm STOTT Pilates Instructor: Michelle
7:30-8:00 Adult pointe/ Partnering Teacher: Deborah/Guest	7:30 –8:30 Open Adult Choreography Skill Practice Free Class	7:15-8:15 Intermediate Beginning Adult Ballet Teacher Andrea		7:15-8:15 Open rehearsals	1:30-5:00 Open Rehearsals/ makeups
**Email Studio for school pricing at nbpacontessibal- let@gmail.com	ADULT Dance Classes Drop-In: \$25 per hour of class Adult Class Punch Card 8 hrs of Class: \$160 1 punch= 1 hr of class. Unlimited for Month:\$195		Fall semester starts: August 5-December 21, 2024		
			Labor Day holiday: September 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