

2025 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
Since 1976

Finest Non-Profit School for the
Performing Arts!

FACULTY **Classical Ballet Program**

Deborah Palesch
Carla S. Curet, Guest
Damon Mahoney
Kavita Master
Elena Mankowski

STOTT Pilates Program Michelle Hirsch

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

www.contessiballet.org



Contessi Ballet School, Fall Semester, 2025**Kinder 1 & 2; Levels 1-6; Pre-Intermed./Intermed.; Adult Program****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/Pointe Shoes & Slippers

Bourree Boutique, The Pointe Shop,

Bay Area Dancewear

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30- 5:30 Level 1 Ballet Technique <hr/> 5:30-6:30 Level 2/3 Technique	5:00-6:30 Level 4-5 & Pre-Intermediate Technique/ Pointe	4:30-5:30 Level 3-5 Beg. Pointe & Pre-pointe	4:30-6:15 Level 2-5 & Pre-Intermediate 45 min Pilates 4:30-5:15 Technique 5:15-6:15 (Level 3- PreIntermed for technique) <hr/> 6:15-7:00 Level 4/5 & Pre- Intermediate Pointe/Rehearsal	4:30-5:30 Level 2 Technique	Kinder 1 10:-10:45 am (2-3 yrs) <hr/> Kinder 2 Ballet 10:45-11:45 a.m. (4-5 yrs)
6:30-7:45 Adult Ballet Adv Beg	6:30-8:00 Adult Ballet Intermed. Beg.	5:30-6:30 L 3-5 Class Rehearsal	7:00-7:45 Nutcracker Adult party scene rehearsal	5:30-6:30 Level 4/5 Beg. Pointe	12:00-2:30 pm Combined Level 3-5, Pre-intermediate Technique/Pointe / Rehearsal/Partnering
7:45-8:15 Adult Beg Pointe		6:30-7:30 Adult Contemporary		6:30-7:45 Adult Ballet Beginning	2:30 Nutcracker Rehearsals
**Email Studio for school tuition pric- ing at nbpaacontessibal- 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.		Fall semester August 4-December 20, 2025 Winter/Spring Semes- ter January 5-June 13, 2026		Sundays Nutcracker Rehearsals Noon- 4 pm Young ones may be asked to come early morning