

# Adult Ballet Classes



**Dieter Riesle**  
Contact: 917-449-3647  
riesled@nyc.rr.com

## Beginning Intermediate Nancy Schwartz Tuesday @ 7PM

The adult beginning intermediate ballet class is geared to the student who has fundamental knowledge of ballet terminology. We start with a slow one hour barre to gain stretch and strength and then progress to the center with tendus, a very musical adagio and small jumps.

**The Ballet School of Stamford**  
**175 Atlantic Street**  
**(entrance on Bank Street)**  
**Stamford, CT 06901**  
**203-358-8853**  
**[www.balletschoolofstamford.org/](http://www.balletschoolofstamford.org/)**

## Advanced Intermediate Dieter Riesle

**Saturday @ 9:00AM and**  
**Sunday @ 10:30AM with**  
**Pointe @ 12PM**

The adult advanced intermediate ballet class focuses on applied correct alignment of the skeletal frame while practicing variations of elementary building blocks which allow the dancer to acquire speed, elegance and musicality for ease in movement.

There is a fifty-five minute barre and a thirty-five minute center practice. Key concepts of this class are: Inspiration, passion and discovery.



**Nancy Schwartz**  
Contact: 917-733-9182  
**[dance@performancedance.com](mailto:dance@performancedance.com)**  
**[www.performancedance.com](http://www.performancedance.com)**