



# 2024-2025 ADULT DIVISION

Where the beauty of the Vaganova method inspires a new generation of dancers.

## Adult Division

Ages 16 and up

Since Inna Ballet first opened in 2011, the Adult Division has been a vibrant and integral part of its school community and a valuable resource for those in the greater Rochester area at a time when ballet for adults, particularly adult beginners, was hard to find. Inna Ballet's Adult Division is a place where adults are never dismissed as "too old". Instead, even adult beginners are encouraged to advance at their own pace as far as they want to go.

**Inna Ballet's Adult Division accepts students aged 16+  
No prior dance experience is necessary.**

Performance opportunities abound. Adults perform their chosen variations in school recitals and if interested join the school-sponsored adult competition team.

<p><b>Monday</b> Contemporary 6:15-7:00 Ballet 7:00-8:30 Rehearsal 8:30-9:15</p>	<p><b>Thursday</b> Ballet 10:30am-12:00pm</p>
<p><b>Wednesday</b> Ballet 7:00-8:30 (best class for beginners) Rehearsal 8:30-9:15</p>	<p><b>Saturday</b> Stretch &amp; Strength 1:00-2:00 Barre on the Floor 2:00-3:00 Ballet 3:00-4:30 Pointe 4:45-5:15</p>

### Females:

Black camisole leotard, pink, flesh toned or black ballet tights, pink, flesh toned, or black canvas split sole ballet shoes. *Please try to match tights with ballet shoe color* (it elongates the line)

### Males:

White fitted short sleeve t-shirt, black dance tights, dance belt and black canvas split sole ballet shoes