



Adult Ballet Studio

Established 2012

**FOR THOSE WHO ALWAYS WANTED TO, BUT NEVER DID AND FOR
THOSE WHO DID AND WOULD LIKE TO MAKE A COME-BACK!**

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Studio at 233 Corobay Ave, Waterkloof Glen



Welcome to Les Danseuses

Try - or perhaps try again! Join us for our Adult Ballet Classes - for the love of dance! We offer Open Classes, DASA Major syllabi and Beginner's Workshops - something for everyone! There are morning and evening classes to easily fit into your weekly routine. We recommend that all new students first attend a Ballet Foundation Workshop to get a handle on the basics of Ballet technique, vocabulary and steps. (Details below)



Dance Attire

- Leotard
- Pink ballet tights
- Ballet shoes - leather or canvas
- A matching chiffon skirt is optional.
- In winter and on cold days, a vest can be worn for extra warmth.

Dance-wear and ballet shoes are available from either Ballet Barre in Groenkloof or Danceworx in Doringkloof Mall, Centurion. Little Cherubs is a recommended online option. Shein and Temu offer good quality leotards and dancewear, but best to fit your shoes locally.

You may choose any leotard style and colour you find comfortable, but be adventurous in your choice of colour and try something other than black. I keep a stock of ballet tights @ R100 per pair.

Hair must be tied back - preferably in a bun. NO jewellery or watches to be worn to class. Other requirements: a small towel and water.

"They are going to call you ridiculous, boring, crazy, they are going to tell you it's too late, but look at us! We only have one life. I don't think in the next life they are going to let you learn ballet. So please, don't think this is not for you. It's never too late to be happy."





Ballet Foundations Workshops

Ballet Foundation Workshops run as a 15-week course. These workshops are aimed at Beginners or students who might like to brush up on Ballet Basics. The syllabus will cover everything from ballet posture and turnout to basic pirouette technique and small jumps (allegro).

For Beginners, once you have completed this 15-week course, you will be suitably equipped to join any of the classes on the timetable and watch your ballet training take off in leaps and bounds!

You will receive a manual for easy reference and to practice on your own, a USB with extra classes and a Les Danseuses gift.

The cost of this workshop will be R2 250 (can be paid in 1, 2 or 3 instalments). If you would like to repeat this course, the cost is R1 850 with the same payment options.

Dates are as follows:

- 16 January 2025
- 8 May 2025
- 21 August 2025

Thursdays @ 17h00 - 18h00



Fees & Classes

Fees Structure

We work on a prepaid card system and there are 2 options available:

- A 5-Class Pass @ R740 - valid for 2 months from date of first class marked on card
- A 10-Class Pass @ R1 400 - valid for 3 months from date of first class marked on card
- If you would prefer a monthly fee, you can discuss this with me. This fee will be payable for 12 months of the year

Cards can be purchased via EFT to FNB, 250655, Cheque account: D Groenewald.

Account Number: **6304 739 8573**. Please remember to add your name as reference.

Class Definitions

Open Class - a balanced ballet class with new content every 2 months with focused exercises to develop and strengthen ballet technique.

DASA Syllabi - set syllabi learnt and prepared to enter for the exam.

Beginners + Plus - a stepping stone from Beginner's Course to Open class. The pace is slower and steps taught in detail.

Contemporary Ballet - a style of dance that meshes classical ballet with modern dance to create movements that are more expressive.

Exams

Exams will be scheduled for Nov 2025.

Major Exams will be held in June and October 2025.

Class Schedule

Classes will start PROMPTLY at the times indicated, so kindly arrive 15 minutes earlier to prepare for class and do a functional stretch.

<i>Monday</i>	<i>Wednesday</i>	<i>Thursday</i>
8:15-9:45 Open class Pointes	8:15-9:45 Open class Pointes	17:00-18:00 Beginner's Workshop
17:00-18:15 Adult Contemporary (Beginners)	18:15-19:45 Intermediate (Syllabus) + Pointes	18:15- 19:30 Beginner's + Plus
18:15-19:30 Adult Contemporary (Advanced)		
18:15-19:45 Open class Pointes	18:15-19:30 DASA Grade 5	

Classes run the entire year starting on Monday, 15th January till 11th December 2025.

NO classes on public holidays.

Show 2025

We are planning another Show for late 2025!!!

If you want to participate, please consider there is a financial as well as a time commitment involved. We will probably do rehearsals on Thursday evenings and closer to the time, Saturday afternoons.

More info to follow once dates and times are confirmed.



Year Planner

Twenty Twenty-five

JAN

15 - Studio opens

16 - Beginners #1

FEB

MAR

APR

21 - Public
Holiday

25 - Studio
closes

MAY

5 - Studio re-opens

8 - Beginners #2

JUN

5-9 MAJOR EXAMS

16 - Public Holiday

JUL

Medal dances
prep

AUG

21 - Beginners #3

Exam fees due

SEP

24 - Public
Holiday

OCT

16-20 MAJOR
EXAMS

NOV

MEDAL EXAMS
28 Oct - 2 Nov
**TBC- Year End
Function**

DEC

11 - Studio Closes



BARRE : TIME™

Barre Time is a carefully designed barre fitness class that combines elements of dance and fitness training into a unique class structure to create a fun full-body cardio workout. Barre-Time helps strengthen and tone your muscles without increasing bulk, and it improves your posture. It also increases your metabolism, which helps to burn calories quickly.

Wear comfortable gym clothes and socks. Bring your own yoga mat, water bottle and small towel.

If you would like to join Barre-Time classes, feel free to email or WhatsApp me to book your class. Barre-Time = R130 per class.

Class Times & Venues

Corobay Street

WED

17h00 - 18h00

Wolwespruit MBT

TUES

7h30 - 8h30

THURS

7h30 - 8h30

Classes run the entire year starting on Wednesday, 15th January till 11th December 2025.

NO classes on public holidays.



If you have any other questions, feel free to contact me via email or WhatsApp or even give me a call. I'm here to make your ballet journey absolutely fabulous! This is going to be a life-changing experience and you're going to make amazing friends.



info@lesdanseuses.co.za



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Waterkloof Glen



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Erasmuskloof



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[@les_danseuses_studio](https://www.instagram.com/les_danseuses_studio)



[Les Danseuses](https://www.youtube.com/lesdanseuses)



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www.adultballet.co.za

So excited to see you in class!

Photo credits: Ligvanger/Lynë Davel/D Groenewald