



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, Beginner's Workshops and Contemp - something for everyone! We also have a Silver Swans class for the mature dancer who loves to dance and keep fit! 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.

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 @ R120 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 Youtube link for online 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:

- 19 January 2026 (No class on 12 March & 30 April)
- 21 May 2026
- 3 September 2026 (Includes 24 Sept although a Public Holiday)

Thursdays @ 17h00 - 18h15



Fees & Classes

Fees Structure

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

- A 5-Class Pass @ R775 – valid for 2 months from date of first class marked on card
- A 10-Class Pass @ R1 500 – 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: Les Danseuses Adult Ballet Studio (Pty) Ltd. Account Number: **6317 844 1176**.

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.

Silver Swans – for ladies 55+ who want to move to beautiful music and enhance mobility, posture co-ordination and energy.

Exams

Exams will be scheduled for Nov 2026.

Major Exams will be held in June and October 2026.

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.

| Monday | Wednesday | Thursday |
|--|---|--|
| <p>8:30-10:00 Open class Pointes</p> | <p>8:15-9:45 DASA Advanced 1 *** Jan to March: Show rehearsals 9:15 - 9:45***</p> <p>10:00-11:00 Silver Swans</p> | <p>8:30-9:30 Contemp Open Class</p> |
| <p>17:00-18:15 Adult Contemporary (Beginners)</p> | <p>18:00-18:30 Pointes</p> <p>18:30-19:30 Intermediate Foundation</p> <p>18:30-19:30 Advanced 1 *** Jan to March: Show rehearsals 19:15 - 19:45***</p> | <p>17:00-18:15 Beginner's Workshop</p> |
| <p>18:30-19:45 Adult Contemporary (Advanced)</p> <p>18:30-20:00 Open class</p> | | <p>18:30-19:45 Beginner's + Plus *** Jan to March: Show rehearsals 18:00 - 18:30***</p> |

Classes run the entire year starting on Monday, 19th January till 10th December 2026.

NO classes on public holidays.

Show 2026
The Look of Love
13 & 14 March 2026
Atterbury Theatre, Lynnwood Bridge, Pretoria
Rehearsals to start 7 January - schedule will be sent via whatsapp.
If you are not on stage, you and all your friends are in the audience!

2026



Year Planner

Twenty Twenty-six

JAN

FEB

MAR

APR

7 - Rehearsals start
19 - Studio opens
22 - Beginners #1

EVERY Saturday
Show
Rehearsals
1pm to 5pm

12 - NO classes
13 & 14 -
The Look of Love
Atterbury Theatre

23 - Studio closes

MAY

JUN

JUL

AUG

4 - Studio re-opens
21 - Beginners #2

5-9 MAJOR EXAMS
16 - Public Holiday

Medal dances prep

SEP

OCT

NOV

DEC

Exam fees due
24 - Public Holiday

16-20 MAJOR EXAMS

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

10 - 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 = R135 per class.

Class Times & Venues

Corobay Street

W E D

17h00 - 18h00

Wolwespruit MBT

T U E S

7h30 - 8h30

T H U R S

7h30 - 8h30

Classes run the entire year starting on Tuesday, 13th January till 10th December 2026.

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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[@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!

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