

Virginia Ballet Company and School
 Spring 2025 Curriculum Class Schedule
DANCE FOR ATHLETES PROGRAM
 January 27, 2025- June 7, 2025

Saturday

11:00AM-12:30PM	• Dance Technique/Flexibility for Athletes	• Wilde	• Studio E
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Notes:

- VBC offers a free trial class to all new students. Please email or call to schedule a trial class.
- The dance for athletes program is designed for athletes ages 9-14 looking to use dance as cross-training to improve their performance and technique. Exercises in the Tech/Flex class will be focused on developing alignment, balance, strength, and flexibility.
- A knowledge of dance theory and technique enhances artistry and performance in sports such as ice skating and gymnastics. Athletes in sports like soccer and field hockey will also benefit from the increased flexibility and agility provided by dance instruction.

DANCE FOR ATHLETES TUITION SCHEDULE
 18-week session January 27, 2025- June 7, 2025

Academic year registration fee (July 2024 - June 2025): \$35 per student

Discounts:

- 10 % Early Bird Discount **if tuition is paid in full by January 18th, 2025.** May not be combined with any discounts except 5% sibling discount.
- 10% active duty military discount with current military ID may be combined with 5% sibling discount.
- New student discount of 30% off one full semester class if enrolled by February 28, 2025. This may not be combined with any other discounts except sibling discount (5%).

Number of Classes per week	Paid in Full tuition	5 Installment Amount (Jan, Feb, Mar, Apr, May)
1	\$875	\$175

**Class schedule is subject to change. Virginia Ballet Company and School reserves the right to substitute instructors and to add, cancel, or combine classes based on enrollment.*