

**Virginia Ballet Company and School**  
**2025-2026 Spring Curriculum Class Schedule**

## **DANCE FOR ATHLETES PROGRAM**

**January 26, 2026- June 6, 2026**

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

**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 26, 2026- June 6, 2026**

**Academic year registration fee (July 2025 - June 2026):** \$35 per student

**Discounts:**

- 10 % Early Bird Discount **if tuition is paid in full by January 9th, 2026.** 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.

Number of Classes per week	Paid in Full tuition	5 payments: Registration, Feb, March, April, 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.*

11/23/2025