

NILES FAMILY FITNESS CENTER

BALLET CLASSES FOR AGES 3 THROUGH ADULTS

All classes include age-appropriate exercises to help participants increase agility & strength through uniting movement & music. The program is taught by Rio Tasia Guillaume, who's mission is to provide highly-qualified training in an inclusive & motivational environment.

Register online at www.nilesfitness.com (For directions, see Online Navigation and Schedule)

IN STUDIO class registrants will be given their class's Zoom link to allow for participation from home.

Questions about registration? Call 847-588-8400.

Questions about the program? Go to www.dancerio.com/contact



CLASS	TIMES	Fall 1 Session Dates	FEES
Pre-Ballet Preschool	Sat. 2:15-3:00pm	Sept. 19 — Nov. 21 10 weeks	IN STUDIO: \$130 Member / \$160 Nonmember VIRTUAL ONLY: \$90 Member / \$100 Nonmember
Primary Ballet K - 1st grade	Sat. 11:45-12:45pm	Sept. 19 — Nov. 21 10 weeks	IN STUDIO: \$150 Member / \$180 Nonmember VIRTUAL ONLY: \$90 Member / \$100 Nonmember
Level 1 Ballet 2nd - 3rd grade	Sat. 1:00-2:00pm	Sept. 19 — Nov. 21 10 weeks	IN STUDIO: \$150 Member / \$180 Nonmember VIRTUAL ONLY: \$90 Member / \$100 Nonmember
Level 2 Ballet 4th – 6th grade	Thurs. 4:50-5:50pm	Sept. 17 — Nov. 19 10 weeks	IN STUDIO: \$150 Member / \$180 Nonmember VIRTUAL ONLY: \$90 Member / \$100 Nonmember
Adult Beginner Ballet	Wed. 7:30-8:30pm	TWO 6 week sessions: Sept. 16– Oct. 21 and Nov. 4 - Dec. 16* *No Class 11/25 No uniform required for Adults	IN STUDIO: \$75 Member / \$80 Nonmember VIRTUAL ONLY: \$50 Member / \$55 Nonmember

We are taking COVID-19 precautions in class. For specific details, email www.dancerio.com/contact

Please visit www.nilesfitness.com for a full list of COVID-19 prevention practices in place at the Fitness Center.

UNIFORM (not included) - Go to www.discountdance.com and type "teacherid:117232" in the search bar to view class level requirements. Then enter "117232" as coupon code at checkout to receive additional discount!