



**The Salinas  
School of  
Dance  
ANNOUNCES**

**BALLET BOOT CAMP  
FOR ADULTS ONLY**

**Wednesdays 7:00-7:45 P.M.**

**Jan. 11, 18, 25, Feb. 1, 8, 15, 22**

**March 1, 8, 15**

**10 week session \$125**

**Or \$20 per class– no make ups are available**

**DETAILS**

YOGA OR STRETCH  
PANTS, T-SHIRTS  
ARE OK FOR CLASS  
OR LEOTARD/  
TIGHTS

BALLET, JAZZ OR  
LIGHT TENNIS  
SHOES

STRETCHING  
STRENGTHENING  
BASIC BALLET  
STEPS & EASY,  
SHORT  
COMBINATIONS

SCULPT DANCER  
MUSCLES

**REGISTRATION FORM FOR BALLET BOOT CAMP FOR ADULTS ONLY**

Name \_\_\_\_\_ Cell # \_\_\_\_\_

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

\*All adult students must fill out a Liability Release prior to entering class.

Amount paid \$125 Name current student \_\_\_\_\_