Ballet Beyond Barriers

Ballet Royale Minnesota’s Ballet Beyond Barriers: Adaptive Dance Program is an inclusion program designed for children of all abilities and needs. It is ideal for both girls and boys who are interested in exploring a new way of movement through dance, and will focus on rhythm, musicality, and gross motor skills, while pushing the barriers of the child’s everyday capabilities. All multi-week sessions are led by a ballet instructor, along with a secondary instructor or physical therapist and a live musician. Multi-week sessions will culminate in an in-studio showcase for families.

*If your child has a CSG grant or CDCS waiver, Ballet Beyond Barriers may be added into your budget.

**6 Week Fall Semester Classes:**

**Age Range:** 6-13 years old (limited class size)
**Time Investment:** 1 hr./ week
**Dates:** 9/24/22–10/29/22

**Class Day/Time:** Saturdays, 5:15–6:15pm *(First class begins Saturday, September 24)*
**Cost:** $188
**Includes:** In-studio showcase for families. A complimentary ticket to Twin Cities Ballet’s Sensory-Relaxed Performance of *A Minnesota Nutcracker*.

**Dress Code:**
- **Girls:** Comfortable clothes and socks or shoes, or solid-colored leotard, tights, leather ballet slippers, ballet skirt, and hair gently pulled-back ponytail or bun.
- **Boys:** Comfortable clothes and socks or shoes, or White tucked-in t-shirt, black shorts or sweat pants, white socks, and black or white ballet slippers.

**6 Week Spring Semester Classes:**

**Age Range:** 6-13 years old (limited class size)
**Time Investment:** 1 hr./ week
**Dates:** 3/11/23–4/22/23 (no class during Ballet Royale’s Spring Break Saturday, April 8)

**Class Day/Time:** Saturdays, 5:15–6:15pm *(First class begins Saturday, March 11)*
**Cost:** $188
**Includes:** In-studio showcase for families. A complimentary ticket to Twin Cities Ballet’s Sensory-Relaxed Performance of *Cinderella:1944*.

**Dress Code:**
- **Girls:** Comfortable clothes and socks or shoes, or solid-colored leotard, tights, leather ballet slippers, ballet skirt, hair gently pulled-back ponytail or bun.
- **Boys:** Comfortable clothes and socks or shoes, or White tucked-in t-shirt, black shorts or sweat pants, white socks, and black or white ballet slippers.