



# Lauridsen Ballet Centre

**Diane Lauridsen, Artistic Director**

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Nancy Hebson, School Administrator  
Elijah Pressman, Assistant Director  
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The Official School of  
**south bay ballet**

Fall Schedule 2011 – Begins Sept 6  
[southbayballet@yahoo.com](mailto:southbayballet@yahoo.com), Diane  
[www.southbayballet.org](http://www.southbayballet.org)

<b>Monday</b>	10:00-11:00	Adult Pilates	Almaliis	Main Studio
	11:00-12:30	Adult Intermediate Ballet	Almaliis/Candice	Main Studio
	4:00-5:30	Ballet 2, 3	Diane/Leon	Main Studio
	4:00-5:15	Pilates/Conditioning Senior Company	Alicia	Studio 2
	5:30-7:00	Ballet 4, 5	Diane/Leon	Main Studio
	7:00-7:30	Open Pointe Class	Diane/Leon	Main Studio
	(Company Students Only)- 5:30-7:20	Ballet 6, 7, 8	Alicia/Satomi	Studio 2
	7:30-9:00	Adult Open Intermediate/Advanced	Lisa/Leon	Main Studio
<b>Tuesday</b>	3:15-4:00	Pre-Ballet (ages 4 ½ & 5)	Nancy/Leon	Studio 2
	4:00-5:15	Ballet 1	Nancy/Leon	Studio 2
	4:00-5:30	Ballet 3, 4	Diane/Hiroko	Main Studio
	5:30-7:00	Teen Ballet	Nancy/Satomi	Studio 2
	(Company Students Only)- (Company Students Only)- 5:30-7:00 7:00-7:45	Ballet 5, 6, 7 (seniors on Pointe) Pas de Deux I	Diane/Leon Elijah/Leon	Main Studio Main Studio
<b>Wednesday</b>	11:00-12:30	Adult Intermediate	Elijah/Satomi	Main Studio
	4:00-5:30	Ballet 2, 3 (4 may take)	Diane/Hiroko	Main Studio
	4:00-5:15	Conditioning - Senior Company	Alicia	Studio 3
	4:15-5:15	Pilates/Conditioning Ballet 4, 5	Almaliis	Studio 2
	5:30-7:00	Ballet 4, 5	Elijah/Hiroko	Main Studio
	(Company Students Only)- (Company Students Only)- 5:30-7:00 7:00-7:45	Pointe - Seniors Variations	Alicia/Satomi Alicia	Studio 2 Studio 2
	7:00-7:30 7:30- 9:00	Men's Class (must take 5:30 class first) Adult Beginning Ballet	Elijah/Satomi Almaliis/Hiroko	Main Studio Main Studio
<b>Thursday</b>	4:00-5:15	Ballet 1	Nancy/Leon	Main Studio
	4:00-5:30	Ballet 5 Pointe	Diane/Hiroko	Studio 2
	4:00-5:30	Pilates/Conditioning Level 4	Almaliis	Studio 3
	5:30-7:00	Ballet 3, 4 (4 on Pointe)	Nancy/Hiroko	Studio 2
	(Company Students Only)- 5:30-7:15	Ballet Senior Company	Diane/Leon	Main Studio
	7:15-8:15 7:30- 9:00	Senior Conditioning/Release Adult Advanced Ballet	Alicia Lisa/Leon	Studio 2 Main Studio
<b>Friday</b>	9:30-11:00	Adult Beginning Ballet	Lisa/Hiroko	Main Studio
	11:00-12:30	Adult Advanced (18 or older)	Elijah/Hiroko	Main Studio
	3:00-4:00	Men's Weight Training	Chris	Studio 2
	(Open Class)- 4:00-5:30	Ballet – Senior Company	Diane/Satomi	Main Studio
	5:30-6:15	Pas de Deux II	Ken/Satomi	Main Studio
	(Open Class)- 6:15-7:30 7:45-9:00	Modern – Level 5 thru Senior Company <i>Reserved for rehearsal every Friday, Seniors</i>	Tiffany	Studio 2 Main Studio
<b>Saturday</b>	8:30-9:15	Creative Movement (ages 3-4 ½)	Almaliis/Satomi	Studio 2
	8:30-9:15	Pre-Ballet (ages 4 ½ & 5)	Nancy/Hiroko	Main Studio
	9:30-10:45	Ballet 1, 2	Nancy/Hiroko	Main Studio
	9:30-11:00	Boys Ballet level 1, 2	Richard/Steve	Studio 3
	9:30-11:00	Ballet 3	Almaliis/Satomi	Studio 2
	11:00-12:30	Ballet 4	Almaliis/Satomi	Studio 2
	11:00 12:30	Ballet 5	Lisa/Hiroko	Studio 3
	(Open Class) - 11:00-12:30	Advanced Ballet – 6, 7, 8	Diane/Steve	Main Studio
	12:45- 1:15	Pre-Ballet (ages 4 ½ & 5)	Nancy/Satomi	Studio 2

New Students : call for class availability and for an appointment to be placed in proper class level  
Advanced Adults 21 or over may take the "Company Students Only" Class