



WEST AUSTRALIAN
BALLET

Public Classes at West Australian Ballet

Frequently Asked Questions

Where are you located?

The West Australian Ballet Centre is located at 134 Whatley Crescent Maylands, WA 6051. All classes are in our upstairs studios, but make sure you sign in downstairs before heading up to your studio.

Where can I park?

There are a limited number of unmarked bays at the front and back of the Ballet Centre. Please do not park in designated staff parking bays. Some street parking is available on the north and south sides of the building and also at the Maylands train station and Eighth Avenue. Please read the parking signs carefully to avoid fines.

Who can attend public classes?

Anyone aged 18 and up.

Can you do a trial class or attend on a casual basis?

Whilst we don't offer free trial classes, students are welcome to attend casually any of our classes except for our 5-Week Ballet Basics Course. Students for Ballet Basics Courses must enroll and attend all five weeks of the course, we do not offer trial or casual classes for this level. All classes must be paid and booked in advance. To enroll in a casual class, head to our [online booking system](#) where you can purchase and book a one-off class.

How much does it cost?

All online payments will incur an additional processing fee.

Casual Class: \$24.00 (valid for 2 months)

10 Class Pass: \$189.50 (valid for 3 months)

20 Class Pass: \$352.50 (valid for 6 months)

5-Week Ballet Basics Introductory Course: \$95.00 (valid for 3 months)

Coaching Class: \$26:00 (valid for 3 months)

10 & 20 Class Pass cannot be used for Coaching Class, this class must be purchased individually.

Do you need dance experience?

The 5-Week Ballet Basics Introductory Course requires no dance experience what so ever. However Beginner 1&2, Intermediate 1&2, Advanced Ballet, Pre-Pointe and Pointe require experience. Please see level descriptions below.

How do I know what level is right for me?

Ballet Basics Introductory Course

No ballet experience needed what so ever, this class is for complete beginners. During the 5-week course the classes will repeat class content and build on previously learnt content from week to week. Exercises and class structure will refresh and change at the commencement of each 5 week block. As a general rule we advise students to repeat this course a minimum of 4 times before progressing to Beginners Ballet.

Beginners Ballet

Beginner's classes are suitable for people who have some level of ballet experience, even if many years have passed since participating in a ballet class. Which level you participate in depends on your experience and your current level of fitness.

Level 1 – We recommend at least one year of ballet experience for this level. This class is ideal for those who want to move up a level/progress from the Ballet Basics Course.

Level 2 – We recommend at least two years of current ballet experience for this level. This class is for those who are not yet ready to progress to the Intermediate level.

Intermediate Ballet

This class is for those who have several years of recent experience in ballet and have a sound understanding of ballet technique.

Level 1 – This class is ideal for those who wish to move up a level from the Beginners. This class requires moderate cardio, strength and flexibility.

Level 2 – This class is for those who are not yet ready to progress to the Advanced level. This class requires a moderate to high level of cardio, strength and flexibility.

Intermediate 2/Advanced Coaching Class This class is designed for higher level students wanting to refine their movement with particular focus on pirouettes, allegro, stamina, strength and pointe work. Each week students will be presented with a different focus area with extra time to explore and perfect their skills. This class is longer in duration and capped at 14 students.

Advanced Ballet - This class is for participants with a strong knowledge and considerable experience in ballet technique or those advised by WAB teachers to advance from the Intermediate level. This class requires a high level of cardio, strength and fitness.

Pre-Pointe (60mins)- An introduction to pointe exercises completed en flat (canvas shoes) as well as class work designed to strengthen the body, legs and feet in preparation for working en pointe. If you are curious and seeking a new challenge then this is the class for you. You will not require pointe shoes for this class.

Pointe Level 1 (60mins) - After attending a significant number of Pre-Pointe lessons or equivalent, students will complete the majority of the lesson en pointe with exercises at the barre as well as an introduction to centre practice.

Ballet Conditioning These classes aim to increase flexibility and strength through various exercises designed to target muscles and alignment used in ballet, and are a great compliment to regular ballet classes. Suitable for all levels.

If you are unsure which class best suits your skill level, please contact West Australian Ballet.

What is the 5-Week Ballet Basics Introductory Course?

Ballet Basics is run as a five week introductory course. These 5 classes will repeat class content and build on previously learnt content from week to week. Exercises and class structure will refresh and change at the commencement of each 5 week block. New students will not be permitted to join mid-way through a five week block. Students will still need to discuss their progression from this class with their teacher. As a general rule we advise students to repeat this course a minimum of 4 times before progressing to Beginners Ballet.

For start dates of our Ballet Basics Introductory Course please go to our [online booking site](#).

Can I watch a class?

Watching class is not permitted. It can make those participating in the class feel uncomfortable and we want our classes to be a positive experience. If you are enrolled and have been attending a class and want to watch your class because you are sick or injured, then watching is permitted.

What do I wear?

Regular dance wear can consist of leotards, tights and ballet skirts. If you don't have dance wear, we advise wearing fitted yet comfortable gym or yoga clothes, with long hair tied back. In the cooler months we advise wearing layers of warmer clothes that can be removed as the class progresses.

For footwear, we ask students to purchase ballet shoes, but bare feet are acceptable for the first class only. Unfortunately we don't sell shoes or dance wear at WAB, we recommend Costume & Ballet Centre in Mount Hawthorn as all WAB students receive a 10% discount on dance wear and shoes, please [click here](#) for more information about this discount. However there are several other dance wear retail stores throughout the Perth metropolitan area.

Please **do not wear socks** to class and please ensure you remove any street shoes before entering our dance studios.

It is very important that you **don't wear any body lotions, sunscreen or hair products** to classes at WAB, as this can rub off onto the floor during stretches or floor work and over time make the floor slippery and dangerous.

What should I bring to class?

It's best to bring a water bottle, and a small towel if needed. Bags are permitted in the studio, but must be placed to the side or back of the studio out of the way of any dancing. Please ensure mobile phones are switched off. No food, or drinks other than water, are to be brought into or consumed in the studios. This includes chewing gum.

What time should I arrive?

For your first class it is important that you arrive around 15minutes beforehand, to allow time for parking, registration and getting your bearings of the building. After your first class please arrive at least ten minutes before class to tick off your name but no earlier than half an hour. Please note students can enter the studios from 6.05pm on weekdays, 8.30am on Saturdays and 9.00am on Sundays. On weekdays students are welcome to wait in the foyer, or stretch in our downstairs studio prior to 6.05pm if available.

How do I enroll and pay?

Enrolments are done online through our [website](#) where you simply create a login, purchase a casual class, a multi-class pass or a Ballet Basics Course and then enroll in as many individual classes or courses as you like. Payments are made online using a credit or debit card. We accept all major credit and debit cards, excluding American Express or Diners. All transactions will incur a small processing fee. All purchases will appear on your bank statement as, or similar to, "West Aus Ballet". You will be emailed a receipt of your purchase to the address in your profile. Purchased classes have a six month expiry from the date of purchase. Any unused classes after this six month date will be forfeited.

Please note, **West Australian Ballet has a no refund policy**. Please read our cancellation policy below before purchasing.

Waitlists

If you add yourself to a waitlist for the Ballet Basics Course you will receive a phone call if a place becomes available. If you add yourself for any other class, you will be emailed if a place becomes available. If you receive this email, please phone us on 9214 0707 or email publicclasses@waballet.com.au to confirm or decline your attendance. If you are on the waitlist for a class, please do not attend unless you have a confirmed place in that class.

What if I can't make it?

Students have an option to cancel their enrolment within a certain amount of time. Please read our cancellation policy below for more details.

Cancellation Policy

For all classes (excluding the Ballet Basics Course) cancellations can be made up to 3 hours before the class start time. You can drop out of a class yourself via the website, to do so please login to your account, click on "schedule" and click "cancel" on the appropriate class. If you cancel prior to 3 hours before the class start time the class will be credited back to the student's booking account to be used for another class at a later date. Any cancellations made after this 3 hour time period will be charged for this class. The Ballet Basics Course is designed to carry on week to week. Ballet Basics students cannot drop out of individual classes. The drop out option will only apply to the entire 5-Week Course and must be done at least 24 hours before the commencement of the first lesson.

If you have booked a class but do not attend, you cannot attend another class in its place.

What if I'm late?

For health and safety reasons, students will **not be permitted into class** if they are more than 15 minutes late to class.

Studio Liability Release

When you create an account online, all students must agree to our Studio Liability Release. Please read this thoroughly before creating your account.

No walk-ins and no payments at the door

We do not accept payments or enrolments at the door. All payments and bookings must be made online prior to arrival.

Am I guaranteed a spot in the same class each week?

Except for the 5-Week Ballet Basics Course, students are not guaranteed a place in the same class each week. Similarly, students are not guaranteed a place in consecutive Ballet Basics Courses. The responsibility of enrolment lies with the student. Classes are available for enrolment a considerable amount of time in advance, so we advise enrolling in a class as early as possible. As students also have a drop out option, it may be worthwhile checking for vacancies the day of, or day before, the class.

Teachers and timetables

Teachers, timetables and studios are subject to change. We will make all changes on the bookings website as early as possible. You will receive an email if the teacher changes for a class you are enrolled in.

Public Classes Contact Info:

Phone: (08) 9214 0707 During office hours only

Email: publicclasses@waballet.com.au

Online Enrolment: www.clients.mindbodyonline.com/classic/home?studioid=195003