

*Rast* BALLET & DANCE STUDIO

**NATALIE RAST**

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Chicago, Illinois 60613

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773-419-4487

[RASTBALLET.COM](http://RASTBALLET.COM)



## Ballet classes for Adults and Teens: Schedule, June 4 – August 12, 2018\*

mon	9:30–11 am Intermed/Adv	11 am–Noon Pointe	Noon–1 pm Private lesson	6:15–7:45 pm Intermed II	7:45–9:15 pm Beginning II
tues	9:30–11 am Beginning I/II*			6:15–7:45 pm Intermed I	
wed	9:30–11 am Intermed/Adv	11 am–Noon Pointe	Noon–1 pm Private lesson		
thurs	9:30–11 am Beginning I/II*			6:15–7:45 pm Intermed I/II	7:45–9:15 pm Ballet Fundamentals* (little or no experience)
fri	9:30–11 am Intermed/Adv	11 am–Noon Pointe	Noon–1 pm Private lesson		
sun		11 am–12:30 pm Intermed/Adv		12:30–2 pm Ballet Fundamentals* (little or no experience)	

### Class Rates & Regulations

Single class	\$ 15	Pro rate	\$ 10
10-Class card	\$ 140	Pro 10-class	\$ 95
20-Class card	\$ 250	Student	\$ 10

Payment is accepted by cash, check, VenMo (natalie-rast-1) or Chase Quickpay.

Cards are valid 12 weeks from date of purchase and are non-refundable.

Studio rental: Call 773/419-4487 or email [rast.natalie@gmail.com](mailto:rast.natalie@gmail.com) to make arrangements.

Please call to confirm before attending any class for the first time, 773/419-4487.

#### \*NOTE: STUDIO CLOSINGS

**Monday & Tuesday mornings, July 16 & 17**

#### \*Ballet Fundamentals or Beginning Ballet?

If you have little or no prior ballet training, please come to Ballet Fundamentals. Beginning Ballet students should have had at least a year of study and be familiar with the eight positions of the body.

### Recommended Ballet Attire

**Women** – leotard, tights and ballet slippers; OPTIONS: leggings, yoga pants

**Men** – dance belt, tights and t-shirt or men's unitard, and ballet slippers; OPTION: Fitted bike shorts, dance belt and t-shirt

### Studio Information

Street parking is available. The parking lot, which can be accessed from Ravenswood Avenue, is available ONLY after 6 p.m. weekdays and all day weekends; no parking EVER in "Black Bear" spots. The facility is a short walk from the Irving Park stop on the Brown line.

NATALIE RAST has taught ballet to students of all ages for over 35 years. She studied with renowned ballet masters throughout Europe and the U.S., including Richard Ellis, Christine DuBoulay, Anna Paskevskva, and Larry Long and was a Principal Dancer with Joel Hall Dancers (1981–1986). She has served as ballet mistress for various Chicago companies, taught at Columbia College (1988–2017), and is currently on the faculty of the CHICAGO ACADEMY FOR THE ARTS.