

2025 WINTER/SPRING SCHEDULE



North Bay Performing Arts Association
Contessi Ballet School

Classical Ballet, Pas de Deux, Pilates,
Contemporary/Jazz, and Tap

Classes for Children and Adults

*The finest non-profit studio in Sonoma County; we
boast highly talented, professionally trained,
experienced teachers in the performing arts.
We are proud of the excellent reputation we have
built since 1976, and are dedicated to maintaining
quality.*

707-242-3478

nbpacontessiballet@gmail.com

www.contessiballet.org

In the historic train station building
11790 Main Street, Suite E
Penngrove, CA



Contessi Ballet School's Clara's Enchanted Dream Winter Production



North Bay Performing Arts Association
Contessi Ballet School
Finest Non-Profit School for the
Performing Arts!

FACULTY

Classical Ballet Program
Artistic Director & School Principal
Joanna Priwieziencew
Carla Curet-Auffant, Interim

Ballet Master Teacher
Deborah Palesch

Ballet Instructors
Elena Mankowski
Tallulah Ayton

STOTT Pilates Program
Michelle Hirsch

Tap Program
Messina Lewis

Jazz/Contemporary Program
Messina Lewis



Contessi Ballet School, Winter/Spring Semester, Jan 6 - June 14, 2025

Kinder 1 & 2; Levels 1-6; Pre-Intermediate/Intermediate; Adult Program; Tap/Hip Hop/Contemporary

**Welcome to
Contessi Ballet School**

Marcella Contessi Smith founded the Contessi Ballet School over 40 years ago. As of August 2018, the North Bay Performing Arts Association, now owns and operates the business as a non-profit organization. We have highly talented, professionally trained and experienced teachers in the performing arts who train our students using the Vaganova and Cecchetti methods. We are proud of the excellent reputation Marcella Contessi Smith has built and we are dedicated to maintaining high quality classical training at our school. Instruction methods and techniques are based on the firm belief that every student has something to offer and learning should be fun and exciting! We are committed to small class sizes so that each student receives a generous amount of personal attention as well as an education in the history of classical ballet and other forms of dance.



Ballet attire for students:

Pink tights, pink ballet slippers and hair in bun
Capezio training leotard, color by level as follows:
Kinder: Pink, cap sleeve CC400C
Level 1-2: Lt. Blue, cap sleeve, CC400C
Level 3-4: Royal Blue, princess tank, CC202
Level 5-6: Red, princess tank, CC202
Pre-Intermediate/Pre-Professional: Black CC202
Intermediate/Pre-Professional: Burgundy CC202

Dance Attire and supplies:

Bourrée Boutique, 100 F St., San Rafael
Discount Dance (use Teacher Code TP142850 at checkout)

**Winter/Spring Semester
January 6 - June 14, 2025**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:30-6:00 Technique Level 3/4 Teacher: Carla	4:30-5:30 Advanced Level 1 Ballet Technique Teacher: Elena	5:00-6:30 Level 3/4 Technique Teacher: Carla	4:00-5:00 Open Beginning Tap Teacher: Messina	4:30-5:30 Level 1 Ballet Technique Teacher: Elena	9:45-10:30 am Kinder 1 Ballet (2-3yrs) Teacher: Tallulah
6:00-7:00 Advanced Adult Ballet Teacher: Carla	5:30-6:45 Level 2 Technique Teacher: Elena	6:30-7:00 Level 3/4 STOTT Pilates Teacher: Carla/Michelle	5:00-6:00 Youth Contemporary Teacher: Messina	5:30-6:30 Level 2 Technique Teacher: Carla	10:30-11:15 am Kinder 2 Ballet (4-5 yrs) Teacher: Tallulah
7:00-7:30 Adult Pointe/Partnering Teacher: Carla	7:00-8:00 Pre-Intermediate/ Intermediate Pointe Teacher: Carla	7:00-8:00 Intermediate Adult Ballet Teacher: Carla	6:00-7:30 Pre-Intermediate/ Intermediate Technique/Pointe Teacher: Carla	6:30-7:30 Beginning Adult Ballet Teacher: Carla	11:30-12:15 pm Open STOTT Pilates Teacher: Carla/Michelle
7:30-9:00 Pre-Intermediate/ Intermediate Technique Teacher: Carla			7:30-8:30 Open Advanced Contemporary/ Jazz Teacher: Carla	7:30-8:30 Open Zumba Teacher: Carla	12:15-2:00 pm Combined Lvl 4/ Pre-Intermed/Intermed Technique/Pointe (1hr tech/45 min pointe) Teacher: Carla
ADULT Dance Classes Drop-In: \$25 per hour of class Adult Class Punch Card 8 hrs of Class: \$160 1 punch = 1 hr of class Unlimited for Month:\$195		For School Pricing, please email studio at nbpacontessiballet@gmail.com We're happy to help guide you to the class(es) most suitable for your student.			2:00-2:30 pm Combined Lvl 4/ Pre-Intermed/Intermed STOTT Pilates Teacher: Carla/Michelle