# FAQ - ADULT CLASSES

**What classes do you offer for adults?**
Our Improvers Adult Ballet and Improvers Adult Tap classes both run as regular weekly classes. We also run other short courses through the year for Adult Modern, Beginners Adult Ballet and Beginners Adult Tap.

**When are they?**
Wednesday 7.00 – 7.45pm Improvers Adult Ballet
Wednesday 7.45 - 8.30pm Improvers Adult Tap

**Where are they?**
The classes are held in the Holland Studio at Blackpool Sixth Form College.

**What should I wear?**
Anything you are comfortable in. Most people wear leggings or joggers with t shirts / vests. For ballet, socks or bare feet are fine to start with and full or split sole ballet shoes with elastics are great for after. For Tap any kind of Tap shoe with heel and toe taps are fine.

**Am I too old?**
No! Our Adult classes are for anyone 16yrs+ and we often have a variety of ages. No age is too old!

**I'm not very flexible or fit, will I be ok?**
Yes – however you may ache a little at the beginning if your body has not been used to dance. As with anything, with practice and time you will find things easier and will notice improvements in both stamina and flexibility.

**I'm a Beginner!**
We often have beginners classes or courses too in both Ballet and Tap so please get in touch to see if anything is currently planned or running.

**How much are classes and how do I pay?**
45 minute classes are £6 and fees are usually paid in half term blocks. As a new starter you can book a 3 paid week trial (weeks must be consecutive) and following that classes are invoiced in half term blocks, payable via bank transfer. You will not be refunded for missed lessons (except in the instance of prolonged serious illness or injury) nor will we credit for lessons missed during term time for holidays.

**Do I need to book?**
Yes please. Please send an email to Joanna (info@jcdance.co.uk) so that we can book you in and so that our teacher knows to expect you. You will emailed a registration from and other information about our school prior to your first lesson.