



Open Division Registration Information

San Jose Dance Theatre offers Open Division Classes for dancers of all ages and experience! Please follow the very simple 2 step process to register for your class.

\$20 | Single Dance Class Pass

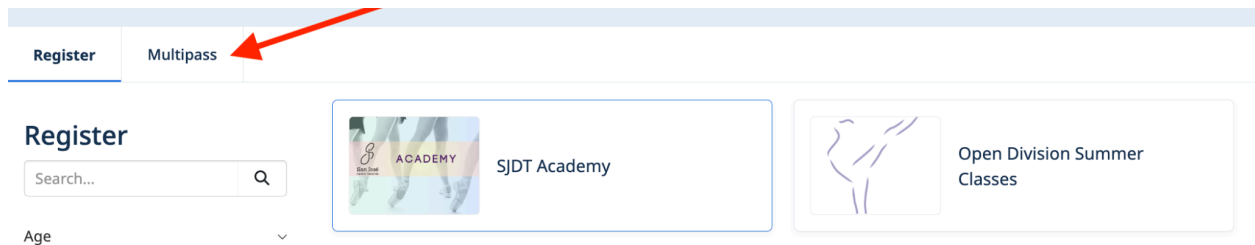
\$190 | 10-Class Pass

\$17 | Single Conditioning Drop-In

\$160 | 10-Conditioning Class Pass

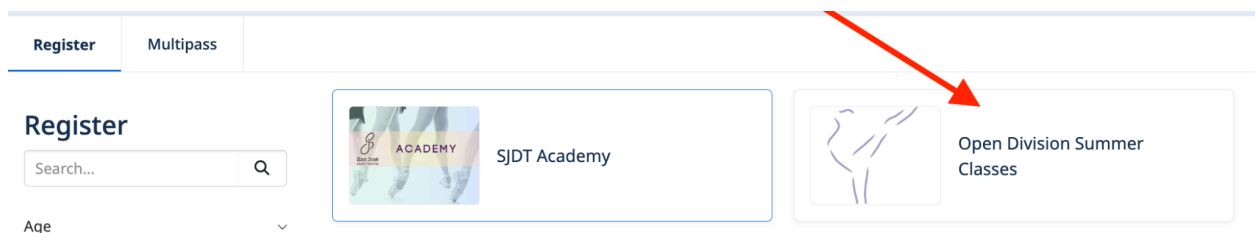
Step 1: Sign Up

1. Create an account through SJDT's Amilia Smart Rec [link](#)
2. Got to the Multipass tab to purchase a Single or 10-Class Pass



Step 2: Register for class



1. **You must reserve your spot in a class** after purchasing a Single or 10-Class Pass. Please note that the class schedule changes between Summer, Fall, and Spring Sessions. ****Classes have class-size limits so make sure you reserve your spot in advance!*



2. To view the calendar and all scheduled classes, click on the Calendar Icon

Register Multipass

Programs ← Back

 Open Division Summer Classes  Some activities are available as **drop-ins**. See them on a calendar.

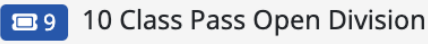

3. Select the class you want to take

< > today **June 2024** month week day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
2	3	4 Tuesday Open Adult Begi 6:00 pm - 7:30 pm Studio 4 1756 Junction A	5 Wednesday Open Adult E 6:00 pm - 7:30 pm Studio 4 1756 Junction A	6 Thursday Open Adult Int 6:15 pm - 7:45 pm Studio 4 1756 Junction A	7	8 Saturday Conditioning: Y 9:00 am - 10:00 am Studio 4 1756 Junction A Saturday Open Adult Int/ 10:00 am - 11:30 am Studio 4 1756 Junction A
9	10	11 Tuesday Open Adult Begi 6:00 pm - 7:30 pm Studio 4 1756 Junction A 20/20 Register	12 Wednesday Open Adult E 6:00 pm - 7:30 pm Studio 4 1756 Junction A 18/20 Register	13 Thursday Open Adult Int 6:15 pm - 7:45 pm Studio 4 1756 Junction A 18/20 Register	14	15 Saturday Conditioning: Y 9:00 am - 10:00 am Studio 4 1756 Junction A 19/20 Saturday Open Adult Int/ 10:00 am - 11:30 am Studio 4 1756 Junction A 20/20 Register

4. Choose which pass you'd like to use. If you have purchased a multipass class pass, please select the left blue button under "Use a multipass". You can purchase a single class by selecting "add to cart".

Use a multipass OR **Add to cart**

SJDT Open Division Policies

- No Refunds.
 - Passes never expire!
 - You are allowed to cancel your reservation up to 30 mins prior to the class start time.
 - Adults are not allowed to register for “Open Teen” Division classes. These classes are strictly for dancers under 18 yrs years of age.
 - When registering, all students agree to and must complete the Liability Waiver and Release Forms.
 - No food or drinks (besides water) are allowed in the studio.
 - The studio is not responsible for any lost, stolen or damaged property. Please leave any valuables at home and keep track of your belongings while at the studio.
 - If you have any questions or concerns, contact godance@sjdt.org or call the Front Desk (408) 286-9905.
-

Class Offerings

Absolute Beginner Ballet Workshops

This is an Introduction to Ballet movement and the fundamentals of Ballet technique. The students will learn basic barre exercises, body awareness and strengthening exercises specific to Ballet work.

Beginning Ballet

This class is designed for students who have some dance training or body awareness training. In this class the student will learn correct execution of turn out and placement for ballet movement and positions, carriage of the arms and use of the head. Simple basic center work begins.

Intermediate Ballet

Designed for dancers with some previous ballet training who are looking to step up beyond the beginner ballet class. It is a great next step for those who are looking to challenge themselves further and push beyond beginner ballet training. Teachers will continue to increase the complexity of exercises and introduce new material while focusing on correct technique and coordination.

Advanced Ballet

This class is a great option for those looking to maintain and improve their ballet technique. This class is designed for dancers with a considerable amount of previous ballet training and a knowledge of ballet vocabulary. The focus will be on technical strength, coordination and movement quality. Students should have strong technique at the barre and center.

Conditioning

For both beginners and more advanced dancers, conditioning class consists of easy to follow exercises, using concepts from body awareness systems including; Pilates, Yoga and Gyrokinesis. Conditioning class is great cross-training and will help improve your balance, flexibility, and overall health.