

Ballet Class Descriptions

Dance Basics

These classes are developmentally appropriate introductions to dance.

Creative Dance - ages 3-4

A special class for a special age! Children will enjoy the use of music, props, and poetry to develop basic motor and locomotor skills. Curriculum is based on the National Standards of Dance in Education.

Creative Dance and Technique - ages 5-6

Basic dance skills and vocabulary are introduced with an emphasis on self-expression and creativity. This class is a precursor to studying formal technique in ballet, modern, tap, or jazz. Curriculum is based on the National Standards of Dance in Education.

Introduction to Ballet, Jazz, and Contemporary - ages 6-7

Ballet and modern dance technique are formally introduced while maintaining a strong emphasis on the creative process. This class fully prepares the student for Level 1 dance classes in ballet, jazz, and contemporary.

Dress Code

Hair is secured neatly off the face.

Children identifying as girls wear any color leotard, footless tights, and bare feet.

Children identifying as boys wear tight fitting shirt, athletic shorts, and bare feet.

Gender non-conforming or gender-questioning dancers should choose the dress code that makes them feel most comfortable.

Dress Code Additions for Introduction to Ballet, Jazz, and Contemporary

Tights with feet or convertible tights are required for children identifying as girls.

Ballet slippers for all dancers are required. Children identifying as girls wear pink ballet slippers. Children identifying as boys wear white ballet slippers.

Gender non-conforming or gender-questioning dancers should choose the dress code that makes them feel most comfortable.

Beginning Level Ballet Classes - age 7 and above

These classes are for students who are ready for more formal training in a chosen technique(s).

Beginning Ballet 1, 2, 3

This class sequence is a three-year program of consecutive ballet training, introducing the study of French vocabulary, basic barre, and center steps.

Dress Code

Hair is neatly secured up and off the face and neck in a bun.

Children identifying as girls wear uniform leotard (see below), pink/skin tone ballet

tights, and pink ballet slippers.

Ballet 1 Pink tank or short sleeved leotard

Ballet 2 Pink tank or short sleeved leotard

Ballet 3 Black tank, short sleeved, or camisole/spaghetti strap leotard

Children identifying as boys wear white t-shirt, black leggings/tights, and white ballet slippers.

Gender non-conforming or gender-questioning dancers should choose the dress code that makes them feel most comfortable.

Intermediate Level Ballet Classes - ages 11 and up

Enrollment in **more than one** class is recommended for further development and proficiency.

Ballet 4, 5, 6

This class sequence is a three-year program of formal ballet training. Core strength, foot and ankle strength, and proper spinal alignment are emphasized. Students who wish to pursue pointe work must enroll in Ballet 5, where proper pointe technique will be introduced. All pointe dancers are **required to enroll in at least two classes per week** to ensure the physical strength required to dance en pointe.

Dress Code

Hair is neatly secured up and off the face and neck in a bun.

Ballet 4 Black any style leotard

Ballet 5 and 6 Any solid color leotard.

All Levels

Dancers identifying as girls wear pink/skin tone ballet tights, and pink ballet slippers.

Dancers identifying as boys wear white T-shirt, black leggings/tights, dance belt, and white ballet slippers.

Dancers choosing to dance en pointe must use pointe shoes approved by class instructor.

Gender non-conforming or gender-questioning dancers should choose the dress code that makes them feel most comfortable.

High Level Ballet Classes

These classes are for the serious dance student.

Placement is by the recommendation of instructor.

Ballet 7, 8

This class sequence is a comprehensive program of formal ballet training. Proper pointe technique, spinal alignment, and strength are focuses. More technically complicated steps are added to the repertoire.

Dress Code

Hair is neatly secured up and off the face and neck in a bun.

Dancers identifying as girls wear pink/skin tone ballet tights, and pink ballet slippers.

Dancers identifying as boys wear white T-shirt, black leggings/tights, dance belt, and white ballet slippers.

Dancers choosing to dance en pointe must use pointe shoes approved by class instructor.

Gender non-conforming or gender-questioning dancers should choose the dress code that makes them feel most comfortable.

Advanced Ballet Classes

For the serious dance student, dancers progressing through this level of study will be ready to competitively audition for college programs.

Placement and approval of instructor is required.

Advanced Ballet

This class is focused on building strength in the hip socket, multiple turns, pointe work, extensive batterie, proper épaulement, and ballet style and character development. Advanced Ballet builds stamina, strength, adaptability, and musicality, in a physically challenging but always supportive atmosphere.

Dress Code

Hair is neatly secured up and off the face and neck in a bun.

Dancers identifying as girls wear pink/skin tone ballet tights, and pink ballet slippers.

Dancers identifying as boys wear white T-shirt, black leggings/tights, dance belt, and white ballet slippers.

Dancers choosing to dance en pointe must use pointe shoes approved by class instructor.

Gender non-conforming or gender-questioning dancers should choose the dress code that makes them feel most comfortable.

Special Class Offerings

Variations

Designed for the advanced level pointe and ballet dancer, this class explores the art of the classical ballet variation, concluding in a solo performance. Advanced pointe and ballet skills and proficiency, musicality, phrasing, acting, and endurance are emphasized. Concurrent enrollment in **Ballet 7, 8, or Advanced Ballet** is required.

Focus Classes, Semi-Private Classes, and Private Lessons

These are intense classes for the serious dance student. Focus classes are developed by the instructor with a minimum of three, and a maximum of five students of similar technique level. One complete school year commitment is required. Semi-Private classes have two students of similar technique level, Private lessons have one student, thus offering a more concentrated environment. Semi-Private and Private lessons may be scheduled for any length of time.

Class For The Ageless Dancer

Rediscover flexibility, strength, balance, and joyful dance through this class for the mature dancer.