



CLASS DESCRIPTIONS

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| <p>Parent-Tot Ballet <i>Ages 2-3</i></p> <p>Thursdays 9:00-9:50am</p> | <p>Parent-Tot Ballet students will take class once per week.</p> <p>Parent-Tot Ballet is a fun, engaging way to introduce dance and movement to a child. Experiences and learning will be developmentally appropriate.</p> |
| <p>Pre-Ballet <i>Ages 2-5</i></p> <p>Thursdays 10:00-10:50am Saturdays 10:15-11am</p> | <p>Pre-Ballet students will take class once per week.</p> <p>In Pre-Ballet students will develop gross motor coordination, musicality, listening skills, and foster their imagination. Experiences and learning will be developmentally appropriate. Dancers will begin to hear proper ballet terminology.</p> |
| <p>Intro to Ballet <i>Ages 5-6</i></p> <p>Tuesdays 3:15-4:15pm</p> | <p>Intro to Ballet students will take 1 or 2 classes per week.</p> <p>Students in Intro to Ballet will continue to develop their movement and musicality but with more structure. Dancers will continue to learn ballet terminology and start to learn ballet etiquette.</p> |
| <p>Ballet 1 <i>Dancers are approximately 6-8 years old</i></p> <p>Tuesdays 4:00-5:00pm Thursdays 4:00-5:00pm</p> | <p>Ballet 1 students will take 2 classes per week.</p> <p>Students in Ballet 1 will build foundations in ballet technique. They will learn proper ballet terminology and beginning barre exercises. Ballet etiquette will be taught and expected.</p> |
| <p>Ballet 2 <i>Dancers are approximately 9-11 years old</i></p> <p>Mondays 4:00-5:00pm Wednesdays 4:00-5:00pm Fridays 4:00-5:00pm *Conditioning Class Saturdays 11:00-12:00pm</p> | <p>Ballet 2 students will take 3 classes per week. When ready, Ballet 2 students will be invited to take Ballet 2 Pointe classes two days per week.</p> <p>In Ballet 2 technique and alignment are taught and developed. Artistry is practiced. As dancers' skills improve, they may be invited to go en pointe and</p> |

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| <p>When ready, Ballet 2 students will be invited to attend Ballet 2 Pointe Classes.</p> <p>Mondays 5:00-5:30 Wednesdays 5:00-5:30</p> | <p>take Ballet Level 2 Pointe classes. Ballet etiquette is expected.</p> |
| <p>Ballet 3 <i>Dancers are approximately 12-14 years old</i></p> <p>Mondays 4:00-5:30pm Tuesdays 4:00-5:30pm Wednesdays 4:00-5:30pm Thursdays 4:00-5:30pm *Conditioning Class Saturdays 11:00-12:00pm</p> | <p>Ballet 3 students will take 4 classes per week. Pointe will be embedded into regular classes throughout the week.</p> <p>Students in Ballet 3 dance en pointe. Technique and alignment are solid and artistry is practiced. Difficulty and complexity is increased.</p> |
| <p>Ballet 4 <i>Dancers are approximately 15+ years old</i></p> <p>Mondays 5:30-7:00pm Tuesdays 5:30-7:00pm Wednesdays 5:30-7:00pm Thursdays 5:30-7:00pm Fridays 4:30-5:30pm *Conditioning Class Saturdays 11:00-12:00pm</p> | <p>Ballet 4 students will take 5 classes per week. Pointe will be embedded into regular classes throughout the week.</p> <p>Students in Ballet 4 dance en pointe. Technique and alignment are advanced. Artistry is emphasized. Ballet 4 dancers should be able to perform challenging and complex exercises and combinations in class.</p> |
| <p>Adults</p> <p>Monday-Sunday (daily) 9:30-11:00am</p> | <p>Whether you are a beginner or previous professional, ballet class is a wonderful way to stay in shape, stretch tight muscles, challenge your mind, and feel beautiful! Class will include barre work and center work. Our instructors are highly skilled and able to suit all levels.</p> |