



Pre-Ballet Class Info

Pre-Ballet Class Description

Pre-Ballet teaches the fundamentals of Ballet Class structure and prepares the student for entering into Ballet I. In Pre-Ballet students will learn the format of Barre, center-work and movement across the floor. In addition, more focus will be placed on the flexibility, placement of the feet and turn-out. It is an essential step in progressing forward in the students Ballet education. Students will learn Ballet in a positive environment and be encouraged to pursue their passion for Ballet!

Pre-Ballet Syllabus

Terms to be learned before advancing to Ballet I:

Students will learn the terms below to prepare them for advancing to Ballet I.

Barre

Demi-Plie

Grand Plie

Tendu

Dégagé

Relevé

Passe

Saute (1st and 2nd positions)

Across the Floor

Ballet Walks/Runs

Marches

Skips

Chasse

Grand Jeté

Center

Port de Bras

Saute

Echappe Saute



Ballet I Class Info

Ballet I Class Description

Students will start perfecting their knowledge in barre, center work and across the floor combinations. Ballet I will focus on strengthening the dancers technique in the skills learned in Pre-Ballet and also the new skills listed in the Ballet I class syllabus. As the dancer progresses it is imperative that their technique is correct and strong before advancing on to the next level. Dancers will start to learn the amazing discipline of ballet and be encouraged to find their passion for it!

Ballet I Syllabus

Terms to be learned before advancing to Ballet II

Students will continue with the terms learned in Pre-Ballet and then add the following terms & movement in class.

Barre

Demi-Plie

Grand Plie

Tendu

Dégagé

Rond De Jambe

Relevé

Passe

Coupe

Grand Battement (Devant (front) Al A Seconde (side))

Foot Positions (1st, 2nd, 4th, 5th)

En Croix (front, side, back, side)

Across the Floor

Ballet Walks/Runs

Chaine prep/turn

Pique prep

Chasse

Pas de chat

Grand Jete

Center

Port De Bras

Sauté (1st and 2nd position)

Changement (from 5th)

Glissade

Passe/Pirouette Prep (from 1st & 5th)

Balance

Echappe Saute (1st to 2nd)

Reverance



Ballet II Class Info

Ballet II Class Description

In Ballet II students will continue to perfect their skills learned in Pre-Ballet and Ballet I while learning new terms and techniques in Ballet II. Special focus will be placed on body lines, extension, balance and foot placement. Students at this level should be skilled at all the basic level ballet terms and techniques such as, plies, tendu, chaines, etc... Ballet II will begin to improve on their ballet understanding and overall ability.

Ballet II Syllabus

Terms to be learned before advancing to Ballet III:

Students will continue with the terms learned in Ballet I and II then add the following terms & movement in class.

Barre:

Détourné
Echappe Relevé
Cambre
Rond De Jambe en'lair
Développé
Passe relevé
Circular Port De Bra
Dégagé from 5th
Relevé Fouette
Temps Lie (than lee-ay)

Body Positions:

1. Croise Devant
2. Croise Derrière
3. Al a quatrième Devant
4. Al à quatrième Derrière
5. Ecarte Devant
6. Ecarte Derrière
7. Efface Devant
8. Efface Derrière
9. Al à Seconde

Center:

Soubresaut
Echappe Sauté (5th to 2nd)
Pirouettes en dehors (singles 4th & 5th)
Sissonne Fermée

Across the floor:

Bourrée
Pique Arabesque
Pique Tour en dedans
Tombe pas de bourrée
Jeté
B+
Pas de bourre



Ballet III Class Info

Ballet III Class Description

In Ballet III dancers will perfect their skills learned in Ballet II as well as learn the new skills listed in the Ballet III Syllabus. Dancers should have the ability to execute the basic and intermediate skills learned in the prior Ballet levels with precise and polished technique. Special focus will be placed on strengthening the feet and ankles in order to start preparing for Pointe work. Dancers at this level should be able to maintain discipline in every class and prepare to advance into Ballet IV.

Ballet III Syllabus

Terms and movements to be learned and executed before moving into Ballet IV

Dancers will continue to perfect the terms and techniques learned in Ballet I and II adding the following movements in class.

Barre:

- Frappe
- Sur le coud-de-pied
- Attitude
- Fondu
- Balancoire
- Head Positions

Center and across the floor

- Pas De Basque
- Promenade
- Tombe
- Contretemps
- Soutenu
- Fouette saute
- Assemble
- Pirouette en dedans & en dehoes single/double
- Promenade (arabesque, attitude)
- Balance (en tournant)
- Pas de bourrée en tournant
- EpauLe devant/derrière (body positions)
- Sissonne (landing on one foot)
- Sissonne fermee (landing closed in 5th)
- Saut de chat (développé leap)



Ballet IV Class Info

Ballet IV Class Description

In Ballet IV dancers will perfect their skills learned in Ballet III as well as learn the new skills listed in the Ballet IV Syllabus. Dancers at this level should be accomplished at the skills of basic, intermediate and advanced ballet. Special focus will be placed on working towards Pointe work, body placement, extension, pirouettes and allegros (jumps). Dancers should be well rounded and exceptionally disciplined at this level.

Ballet IV Syllabus

Terms and movements to be learned and executed before moving into Ballet IV:
Dancers will continue to perfect the terms and techniques learned in Ballet II and III adding the following movements in class.

Barre:

- Fouetté prep
- Frappe on demi-pointe
- Arabesque relevé
- Attitude relevé
- Frappe battue

In Center & Across the Floor:

- Double pique tour en dedans
- Saut de basque
- Fouette sauté
- Temps levé
- Pique arabesque tour
- Pique attitude tour
- Royale
- Cabriole
- Assemble battue
- Entrechat
- Double pirouette en dedans/en dehoes from 4th & 5th
- Emboite



Dress code for Ballet

Princess Ballet

Leotard, pink tights, pink ballet shoes (optional skirt), hair up in a bun.

Pre- Ballet

Leotard, pink tights, pink ballet shoes (optional skirt), hair up in a bun.

Ballet I

Solid colored Leotard, pink tights, pink split sole canvas ballet shoes (preferred), and ballet skirt permitted. Hair up in a bun.

Ballet II

Solid colored Leotard, pink tights, pink split sole canvas ballet shoes (preferred), and ballet skirt permitted. Warm-ups may be worn for part of Barre, and hair up in a bun.

Ballet III

Solid colored Leotard, pink tights, pink split sole canvas ballet shoes (preferred), and ballet skirt permitted. Warm-ups may be worn for part of Barre, and hair up in a bun.

Ballet IV

Solid colored Leotard, pink tights, pink split sole canvas ballet shoes (preferred), and ballet skirt permitted. Warm-ups may be worn for part of Barre, and hair up in a bun.

****Note, if skirts become a distraction the student will be asked to remove the item. In addition, hair must be pulled up neatly into a bun or up do and no jewelry should be worn. ****