

The Curriculum

DEVELOP A STRONG BALLET FOUNDATION

Our **Junior Ballet Program** is for entry-level students to develop a strong ballet foundation focusing on Positions & Posture, flexibility, Body Conditioning, stamina, coordination, discipline, Rhythm, musicality, and Ballet Vocabulary to prepare the student for the Vaganova method.

Classes run weekdays between 4:00–7:00 PM, morning on weekends with additional time for show rehearsals.

- Learn & Develop Ballet Positions & Posture
- Introduction to Basic Ballet Jumps
- Introduction to Basic Ballet Turns
- Introduction to Barre Basics
- Develop Flexibility
- Develop Balance, Coordination & Athleticism
- Body Conditioning Using Floor Ballet
- Develop Rhythms and Musicality
- Discipline & Focus Development

Minimum 3 Class Requirements

- 2 X 45-minute Ballet Classes per week
- 1 X 45-minute Tap or Contemporary Class

Mommy & Me Ballet

2 ½ to 3 Years Old – White Leotard

Wed – 6:00 to 7:00 PM – Ballet

Sun – 11:00 AM to 12:00 PM – Ballet

3 to 5 Years Old – White Leotard

Wed – 5:00 to 6:00 PM – Ballet

Wed – 6:00 to 7:00 PM – Beginner Tap

Sat – 10:00 to 11:00 AM – Ballet

Sun – 10:00 to 11:00 AM – Ballet

5 to 7 Year Old – Pink Leotard

Tue – 4:00 to 5:00 PM – Ballet

Thu – 4:00 to 5:00 PM – Ballet

Thu – 5:00 to 6:00 PM – Beginner Tap

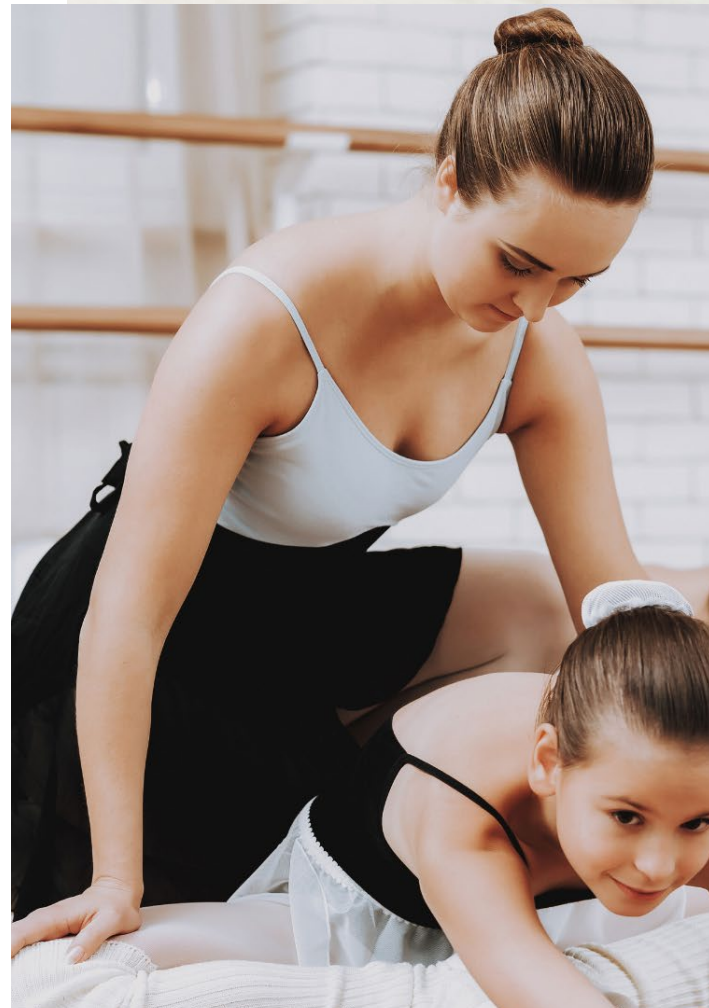
Sat – 10:00 to 11:00 AM – Ballet

Sun – 10:00 to 11:00 AM – Ballet

Sun – 11:00 to 12:00 PM – Beginner Tap

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7 to 9 Year Old – Blue Leotard

Tue – 5:00 to 6:00 PM – Ballet
Thu – 5:00 to 6:00 PM – Ballet
Thu – 6:00 to 7:00 PM – Beginner Tap
Sat – 10:00 to 11:00 AM – Ballet
Sun – 10:00 to 11:00 AM – Ballet

9 to 12 Year Old – Light Gray

Tue – 4:00 to 5:00 PM – Ballet
Thu – 4:00 to 5:00 PM – Ballet
Sat – 10:00 to 11:00 AM – Ballet
Sat – 11:00 to 12:00 AM – Junior Contemporary
Sun – 10:00 to 11:00 AM – Ballet
Sun – 11:00 to 12:00 - AM – Junior Contemporary

12 to 15 Year Old – Light Gray

Tue – 6:00 to 7:00 PM – Ballet
Thu – 6:00 to 7:00 PM – Ballet
Thu – 7:00 to 8:00 PM – Junior Contemporary
Sat – 10:00 to 11:00 AM – Ballet

Boys Acro Fitness & Athletic Development

Monday – 4:00 to 6:00 PM – Acro Fitness | Ages 5 to 7
Wednesday – 4:00 to 6:00 PM – Acro Fitness | Ages 7 to 10
Friday – 4:00 to 6:00 PM – Acro Fitness | Ages 5 to 7
Friday – 6:00 to 7:00 PM – Intro Dance Ages 5 to 7
Saturday – 10:00 to 12:00 PM – Acro Fitness | Ages 7 to 10
Saturday – 12:00 to 1:00 PM – Hip Hop | Ages 7 to 10

MONTHLY TUITION

\$125 – 1 class per week
\$190 – 2 classes per week
\$246– 3 classes per week
\$316– 4 classes per week
\$345– 5 classes per week
\$405– 6 classes per week
w/\$45 Annual Registration



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