

DDDS Ballet and Pointe
with
Heather Muzic, Matthew Venus & Lexi Hartung

Description: Ballet is a classical form of dance that becomes the basis for other genres of dance including Jazz, Lyrical, and Modern dance. Ballet technique used is derived from Cecchetti and Vaganova schools. Classical etiquette is emphasized and will teach the students respect for the art form. Depending on the level, different styles of ballet will be explored.

Attire: Black leotards, pink tights, dance skirts (if ok with teacher) Hair should be secured in a bun. Ballet shoes can be canvas or leather but must fit tight to the foot. Ballet attire is very specific and must be followed or student will not be able to participate in class.

Class Descriptions:

Ballet Lyrical/Beginner: This class is for the 6-9-year-old beginner student. Class will focus on basic vocabulary of ballet & technique. Students will spend time at the barre, center floor, and learn a lyrical routine for our annual recital.

Ballet Beginner/Advanced 1: This class is for the beginning ballet student who is new to ballet or has been through the Beginner ballet class and has moved to the next level. Much of this class will be done at the barre. Class focus will be on basic vocabulary of ballet, basic ankle and hip strengthening, flexibility work, torso alignment, and arms and head placement. This is a technique class and will not perform a piece for our annual recital.

Ballet Fundamentals: This class is intended to for the beginner advanced students who is needing technique improvement for their jazz, contemporary or musical theater class. This class will stress technique, vocabulary, basic ankle and hip strengthening, flexibility work, torso alignment and arms and head placement. Much of this class will be done at the barre. This is a technique class and will not perform a piece for our annual recital.

Ballet Advanced 2-3: This class will work towards strengthening of ankles and hips as a Pointe prep as well as to become more technical dancers. Concentration is on alignment of torso, carriage of arms and head, introduction of dynamics in ballet, musicality, and how to apply ballet technique to other forms of dance. Students will utilize barre and center. This is a technique class and will not perform a piece for our annual recital.

Ballet Advanced 4: This class will concentrate on strengthening of ankles and hips, flexibility, alignment of torso, carriage of arms and head, use of dynamics in ballet, musicality, and more intricate patterns and combinations. Expectations are higher to achieve technique at a quicker period and to apply corrections in a more immediate manner. Students will utilize barre and center. This is a technique class and will not perform a piece for our annual recital.

Pointe Advanced: This class is only offered to those students who have completed a pre-pointe class and who are taking multiple ballet classes a week. Pointe technique is taken very seriously to protect from injury. Time spent at the barre and center and continual strength exercises will need to be continued in order for student to remain dancing at this level. Students will perform a piece in our annual show.

If you ever have any questions, concerns, etc...please schedule an appointment with your child's teacher or studio director or feel free to call & or email us.

Welcome to your Ballet Dance Class.....**We're looking forward to our 60th year!!**

