



BALLET LEVELS OF INSTRUCTION

Ballet I and II (ages 6 to 7 years)

Ballet I is an introduction to movement! Students will develop body awareness and coordination, explore movement quality and musicality, and discover creative self-expression. Teachers will work with students to develop cooperation and respect for self and others. Students will learn the basics of ballet class etiquette. Classes are taught with a focus on the joy of movement. Age-appropriate basic ballet terminology is introduced.

Ballet II introduces an expanded age-appropriate repertoire of ballet fundamentals. Students will begin to learn correct execution of turnout and placement in basic positions; continue to develop their coordination; and focus on age-appropriate spatial and body awareness. Students will work cooperatively with the teacher and their classmates, continue to learn ballet class etiquette, and begin working on strength and flexibility with simple conditioning exercises. Ballet II is a two-year program to prepare students for the introduction of barre work in Ballet III.

Ballet III (ages 7 to 9 years)

Ballet III students will begin to learn the traditional barre exercises in a technically sound and age-appropriate manner. Barre exercises transfer to the center floor work where students begin to connect what they learn at the barre with the movements they will be executing in the center. Teachers guide students to develop a greater awareness of technique, musicality, and dancing with others to create a performance. Ballet class etiquette is reinforced. Conditioning exercises are included in classwork to increase strength and flexibility. Ballet III is a two-year program designed to prepare students for Ballet IV and girls for beginner pointe work.

Ballet IV (ages 9 to 11 years)

Students have now learned the foundation of barre exercises and will begin slowly increasing the complexity with a focus on proper technical execution. Sound technical fundamentals continue to be a priority. Girls will begin introductory pointe work at the discretion of the faculty. Basic pointe work includes learning how to prepare the shoes for dancing and developing strength in the feet, ankles, legs, core and upper body with exercises on two feet facing the barre. When students are ready, they will begin simple center work with relevés (rises on to full pointe) on two feet. Pointe classes are introduced at 30 minutes and increase in length and frequency in subsequent years as students gain strength for more complex movements. Ballet IV is a two-year program to prepare for Ballet V.

Ballet V (ages 10 to 13 years)

Students should have a good understanding of the proper execution of turn out, placement and port de bras (carriage of the arms). Teachers will continue to increase the complexity of exercises and introduce new material while focusing on correct technique and coordination. Girls will increase the length and frequency of their pointe classes with a focus on building strength and learning fundamental and age-appropriate pointe steps from the classical repertoire. Preparations for turns on pointe are introduced. Ballet V is a two- or three-year program designed to prepare students for Ballet VI.

Ballet VI (ages 11 to 14 years)

Students should have sound technical fundamentals and be ready for increasingly complex work. Weekly female variations classes are added. Teachers guide students to develop their artistry. Girls will have developed the strength needed to execute increasingly challenging pointe work. Students will have increased performance opportunities, including the opportunity to join the The Studio PAC student ensemble and be cast in The Studio PAC company productions at the discretion of the Artistic Director.

Ballet VII (ages 14 and up)

Ballet VII is the highest level for advanced dancers. Girls have weekly variations class. Teachers prepare students for the most challenging work in the classical repertoire, with a focus on correct technique and artistry. Students will have increased performance opportunities, including the opportunity to join The Studio PAC student ensemble, perform and represent The Studio PAC at community events, and be cast in The Studio PAC company productions at the discretion of the Artistic Director. The Studio PAC aims to prepare our graduates to face challenges, solve problems, and work with a team to achieve their goals. The Studio PAC students go on to be successful young adults with a lifelong passion for dance.

Program Length

Generally ballet takes years to fully master as you have just read. Please note that while dancers are training on their levels, this will not exclude them from performances or events. They will perform at their level. In the event a dancer is progressing rather quickly, we will evaluate them and promote accordingly. We will also notify you as the parent of such promotion via email. As you all know, we are a year round program, so the training will be ongoing. We will consistently evaluate the dancers to ensure growth and proper level placement. Evaluations will be twice a year, one at the beginning of the season and the second evaluation towards the end of the season.