

# *The Andover School of Ballet*

14 Park Street ~ P. O. Box 5070 ~ Andover, MA 01810  
(978) 475-5919

The *Andover School of Ballet* takes pride in the professional and expert dance education that we offer. We have designed our leveled curriculum very carefully to assure that our students learn this very physical art in a safe and proper manner.

Our Early Childhood Curriculum classes, for preschool through first grade students, consist of PreBallet with Creative Movement (*also including Tap for PreBallet 1 and above*). This curriculum is based on the appropriate childhood developmental skills of each specific age group. It is specially designed to provide the children with a strong foundation in dance and movement from which they can move on to our *leveled* technique classes in different types of dance.

For students aged 7 and up who are enrolled in our leveled dance classes, each level's curriculum must be mastered before advancement to the next level is achieved. Progression through the dance levels is a very individual process and every year our instructors make assessments of each student's progress and recommend dance level placement for the following year.

Our dance levels are numbered and increasing numbers indicate increasing difficulty in technique. Once past Ballet level 1 or Jazz & Tap Level 1, (the beginner level), each dance level may require two years or more to master. As a student advances in technical mastery, taking classes more frequently will help with their progress.

*It is highly recommended that **Ballet** students who wish to maximize their progress take Ballet classes twice per week at minimum.* This concentrated training is necessary to prepare students for the complexities of the more advanced dance technique and to prepare girls for pointe work, and usually begins with students who are entering the Ballet 3 level. It is typically recommended that students entering their first year of Ballet 3 also take a Ballet 2 class to reinforce their basic technical skills, while second year Ballet 3 students usually take two Ballet 3 classes per week. The Andover School of Ballet instructors will determine each student's dance level placement by individual assessment each year.

Ballet technique is a very complex form of movement. As a student progresses, the technique becomes more challenging and taking more than one class per week becomes very important. Because of the turn-out from the hips needed in ballet, constant repetition of the correct technique is necessary for muscle memory to be engaged, progress to be made, and the chance of injury to be lessened. Each new level of dance builds on the foundation of technique and muscle conditioning mastered in the previous level.

Pointe work is not different than ballet technique... it is ballet technique brought to a very high level. All students must have permission from their instructors to begin and continue demi-pointe and pointe classes. A student taking demi-pointe or pointe classes **MUST** attend two Ballet technique classes each week to also enroll in demi-pointe/pointe classes. Readiness for pointe work is determined on an individual basis according to strength and technical mastery.

Students in higher levels of Ballet should consider taking a minimum of three Ballet classes per week. Jazz & Tap students in Level 4 and up are required to attend weekly ballet or lyrical class in addition to their leveled Jazz & Tap class. **Remember, the more you practice, the stronger you will grow!**