



Progressing through the Levels (age 7+)

Ballet 1- 6 / Jazz & Tap 1- 5 / modern, lyrical, contemporary

The *Andover School of Ballet* takes pride in our leveled curriculum. It is designed very carefully to assure that our students learn at a level that is challenging for their growth, while physically appropriate for their safety.

For students aged 7 and up, each level's curriculum must be mastered before advancement to the next level is achieved. Progression through the levels is an individual process ~ 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 level. 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.

Ballet

Level 1 – beginner ballet age 7+ (grade 2).

Level 2 – assume a student will be in this level for 2 years (approx. grade 3-4)

Levels 3 - 6 – students who wish to maximize their progress should take Ballet classes twice per week. This concentrated training is necessary to prepare students for the complexities of more advanced ballet technique and to prepare for demi-pointe and pointe work. It is also assumed a student will be in each level for two years.

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 crucial. 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 practiced and mastered in the previous level.

Pointe work is ballet technique brought to the next level. All pointe students must have permission from ASB instructors to begin and continue demi-pointe and pointe classes, and 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. Typically, pointe is added at level 4. *Some students progress through ballet levels without adding pointe, for whatever reason. Pointe class is not a requirement to take ballet technique classes.*

Jazz & Tap

Level 1- age 7+

Level 2 – age 8+ - plan to be in this level for 2 years, advanced beginners

Level 3 – age 10+ plan to be in this level for 2 years, intermediate level

Level 4 & 5 – high- intermediate - advanced students

Dancers are highly encouraged to attend a weekly ballet or lyrical/contemporary class in addition to their leveled Jazz & Tap classes.

Modern / Lyrical / Contemporary classes are mainly grouped by age: grade 3-4, grade 5-6, grade 7-9. Advanced contemporary for high school requires dance experience. These classes develop skills like; fall & recovery, contraction & release, spirals, floorwork, creative expression. Pulling from dance techniques of J. Limon, M. Graham, L. Horton, Lynn Simonson, R. Laban, and more contemporary styles as students grow.

Remember, Practice Makes Progress!

Our **Early Childhood Curriculum** (3-7yr) - classes for academic preschool through first grade students consist of Pre-Ballet with Creative Movement (& also including basic Tap for Primary Dance 2, and 3). 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. Find more information on this curriculum on our website under “*Studio Information*” > “*Parent Information*” > “*ASB Early Childhood Curriculum for ages 3 – 7*”

Level Progression:

Age	Class options	Yrs in Level
1.5 - 3 (with caregiver)	Rhythm & Movement	1-2 yrs
3 – 4	Kinderdance	1 yr
4 – 5 (pre-k)	Primary Dance 1	1 yr
5 – 6 (kindergarten)	Primary Dance 2 w/ tap	1 yr
6 – 7 (gr 1)	Primary Dance 3 w/ tap	1 yr
7+ (gr 2)	Ballet 1 &/or Jazz & Tap 1	1 yr
8 - 9+ (gr 3-4)	Ballet 2 &/or Jazz & Tap 2 &/or Modern/Lyrical	2 yr
~10+ experience required	Ballet 3 &/or Jazz & Tap 3 &/or Modern/ Lyrical	2 yr
~12+ experience required	Ballet 4, Demi-pointe, Pointe 1, Jazz 4, Tap 4, Lyrical/Contemporary	2 yr
~14+ experience required	Ballet 5, Pointe 2, Jazz 4 or 5, Tap 4 or 5, Lyrical/contemporary	2 yr
~16+ experience required	Ballet 6, Advanced Pointe, Jazz 5, Tap 5, Adv. Contemporary	2 yr