



Nancy Cowan School of DANCE

BALLET PROGRAM FOR CHILDREN – Class Descriptions

Children gain poise, grace, confidence, self-discipline and physical strength from ballet classes. Ballet is a good foundation for any other form of exercise or dance genre they decide to pursue.

Pre-Ballet I – for 4-5 year olds

Children enjoy music, movement and mime. They learn basic ballet positions of arms and feet. Their gross motor skills are enhanced with basic travelling steps such as walk, march, skips, runs and gallops – all to music and all appropriate for their age and ability. Exercises are designed to develop strength, balance, flexibility and co-ordination.

Pre-Ballet II – for 6-7 year olds

Children enjoy music, movement and mime. They learn basic ballet positions of arms and feet. Travelling steps such as the balletic walk, runs, gallops, skips, waltz & polka rhythms – all to music and all appropriate for their age and ability. Exercises are designed to develop strength, balance, flexibility and co-ordination.

Ballet I - for 8 year olds and up

Students enjoy learning the classical ballet technique through barre and centre exercises appropriate for their ability. Spotting, tours, sautes, polka and waltz are few of the moves learned or enhanced at this level.

Ballet II – for 10 year olds and up

Technique, execution and terminology are enhanced from previous levels. Barre and Centre exercises incorporate preparation for pirouettes and for some of the more difficult allegro moves.

Ballet III - for 12 year olds and up

Students should have a minimum of 3 years dance training. Technique, execution and terminology are enhanced from previous levels.

Ballet IV – for 15 year olds and up

This is an advanced class. Students should have a minimum of 6 years dance training behind them.

Pre-Pointe

Pre-Pointe class is offered to those students in Ballet III who wish to eventually go on pointe. Focus is on strengthening feet and focusing on technique of the foot and alignment.

Pointe

Students go on pointe shoes at the teachers discretion. Regular ballet classes twice a week are required to have sufficient strength in feet and body.