

# Ballet Continental Class

## Descriptions & Age Guidelines

At Ballet Continental, we offer a wide variety of classes designed to nurture dancers from their first steps through advanced technical training. Class placement is based on a combination of **age, ability, and teacher recommendation** to ensure every dancer thrives and is challenged appropriately.

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### Ballet Classes

#### **Ballet I (Ages 3–6)**

An introduction to ballet focusing on basic positions, simple movements, posture, and musicality. Perfect for young dancers starting their ballet journey.

#### **Ballet II (Ages 6–9)**

Expands on foundational skills with more structured barre and center work, body alignment, and classical ballet terminology.

#### **Ballet III (Ages 8–12)**

Strengthens core ballet technique through more complex combinations, improved flexibility, and expressive performance.

#### **Ballet IV/V (Ages 11 & up)**

Designed for experienced dancers. Focuses on advanced technique, pointe integration, intricate combinations, and artistry suitable for performance.

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### Tap Classes

#### **Tap I (Ages 5–8)**

A fun introduction to tap fundamentals including basic steps, rhythms, and musical timing.

#### **Tap II/III (Ages 8–12)**

Develops speed, clarity, and intricate rhythms while building musicality and confidence.

#### **Tap IV (Ages 11 & up)**

Challenging work on advanced techniques, complex rhythms, improvisation, and performance artistry.

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### Hip Hop Classes

#### **Hip Hop I (Ages 5–8)**

High-energy class introducing basic grooves, foundational steps, and fun choreography.

### **Hip Hop II/III (Ages 8–12)**

Focuses on detailed musicality, freestyle skills, and stronger movement combinations.

### **Hip Hop IV (Ages 11 & up)**

Fast-paced class emphasizing advanced choreography, stylization, strength, and creative expression.

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## **Pointe Classes**

### **Pre-Pointe (Ages 10 & up, by teacher recommendation)**

Strengthens feet, ankles, and core in preparation for safe and successful pointe work.

### **Pointe I (Ages 11 & up, by teacher recommendation)**

Introduces basic pointe exercises at the barre and in center work, focusing on placement and strength.

### **Pointe II (Ages 12 & up)**

Progresses dancers through more complex combinations, center floor work, and sustained strength development.

### **Pointe III (Ages 13 & up)**

Advanced pointe training including variations, partnering skills, multiple pirouettes, and polished performance techniques.

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## **Modern Classes**

### **Modern I (Ages 7–10)**

Creative movement class introducing modern fundamentals such as floor work, improvisation, and basic contemporary technique.

### **Modern II/III (Ages 10–13)**

Expands on modern dance foundations with dynamic movement phrases, strength-building, and expressive choreography.

### **Modern IV (Ages 13 & up)**

Technically and artistically demanding, this class emphasizes advanced techniques, partnering work, and creative exploration.

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## **Jazz Classes**

### **Jazz I (Ages 5–8)**

Upbeat introduction to jazz fundamentals, isolations, basic leaps, turns, and across-the-floor combinations.

### **Jazz II/III (Ages 8–12)**

Expands on jazz technique with more advanced progressions, leaps, turns, and stylized choreography.

## Jazz IV (Ages 11 & up)

Focuses on complex jazz choreography, flexibility, technical mastery, and performance presence.

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### Level Placement Overview

Class Level	Typical Ages Placement Info	
Level I	3–6 years	Little to no prior experience needed.
Level II	6–9 years	Some experience in dance encouraged.
Level III	8–12 years	2–4 years of consistent dance training.
Level IV/V	11+ years	4+ years of training and strong technique.
Pre-Pointe/Pointe	10+ years	Teacher evaluation and approval required.

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### Notes for Dancers & Families

- Age ranges serve as **guidelines**; final placement is determined by instructor evaluation based on skill, strength, and readiness.
- Proper technique, commitment, and class attendance are essential for progression to higher levels.
- Pointe classes require a **minimum of two ballet technique classes per week** for safety and success.