



Ballet

Youth Level 1 & 2, Tuesdays

Adult Level 1, Monday evening

Adult Level 2, Tuesday evening

Adult Level 3, Wednesday evenings

Adult Level 4, Monday evenings

Cecchetti Ballet, Monday through Friday

For ages 5 through adult, ballet is at the core of our dancers' strength in all disciplines of dance. Following the Cecchetti method of teaching, students discover their power of coordination and control, master posture and body alignment, and establish an enhanced sense of musicality and stage presence.

Once a week Recreational Ballet classes are offered to children ages 5 and up, and to adults in several levels.

At age 7 or 8, children with an avid interest in dance may move into Cecchetti Ballet classes. This requires more classes per week and trains technically strong dancers through musicality, artistry and athleticism. Cecchetti Ballet, based on the curriculum developed by Maestro Enrico Cecchetti, is required for all of our competition students.