

# Ballet/Pointe

Classical ballet training is very important at Just Dance. Ballet teaches technique that is imperative to all genres of dance. Students will be placed from Level 3 to Level 6. Placement depends on age, previous experience, and skill level. Each level of ballet will focus on proper turn out from the hips, posture and balance, and detailed training in ballet vocabulary and technique. Half of each ballet class is spent working on barre exercises. The remainder of class will focus on center combinations, turns and jumps, and classical ballet choreography. Each class will end with a reverance, which is the proper term used when the instructor brings the class to a close with a center combination where the students express their thanks for the instructor's time and critiques. At Just Dance, we strive to create a motivating, uplifting environment in our ballet program to keep students engaged! Although we take ballet very seriously, we also make it fun, especially for the younger dancers! The term "boring" will never be associated with ballet again! Students will be evaluated for Pointe at age 12 on an individual basis.

## Basic class structure and curriculum:

- Intense barre work and in- depth explanation of technical aspects
- Center adagio combination
- Center pirouette technique (turned out)
- Across the floor turns and jumps
- Classical ballet choreography

- Reverance