City Ballet 2010-2011 SCHEDULE

Classes begin August 16

** Experienced new students must be evaluated for appropriate placement*

BALLET

3-4 yrs	PreSchool Dance	T	10:00-11:00	1 hr / wk
4-5 yrs	KinderBallet	M	2:00-3:00	1 hr / wk
4-5 yrs	KinderBallet	T	1:30-2:30	1 hr / wk
4-5 yrs	KinderBallet	Th	4:00-5:00	1 hr / wk
4-5 yrs	KinderBallet	F	10:00-11:00	1 hr / wk
5-7 yrs	PreBallet	T	4:00-5:00	1 hr / wk
5-7 yrs	PreBallet	Th	5:00-6:00	1 hr / wk
5-7 yrs	PreBallet	F	4:00-5:00	1 hr / wk
6-8 yrs	Introductory Ballet	M	4:00-5:00	1 hr / wk
6-8 yrs	Introductory Ballet	T	5:00-6:00	1 hr / wk
6-8 yrs	Introductory Ballet	W	4:00-5:00	1 hr / wk
5-8 yrs	Introductory Ballet	S	9:00-10:00	1 hr / wk
7-9 yrs	Ballet I C	M	5:00-6:00	1 hr / wk
7-9 yrs	Ballet I C	F	4:00-5:00	1 hr / wk
8-10 yrs	Ballet I B	M,W	5:00-6:00	2 hr / wk
8-10 yrs	Ballet I B	T,Th	4:00-5:00	2 hr / wk
8-12 yrs	Ballet I A	M,W	4:00-5:00	2 hr / wk
8-12 yrs	Ballet I A	T,Th	6:00-7:00	2 hr / wk
9-12 yrs	Ballet II B/PrePointe	T,Th	4:00-5:30	3 hr / wk

Ballet IIA and up students are recommended to take at least 5 hrs/wk

11-13 yrs	Ballet II A/Pointe I	T,Th	5:00-6:30	3 hr / wk
12 yrs and up	Ballet IIIC	T,Th	5:30-7:00	3 hr / wk
12 yrs and up	Ballet IIIB	T,Th	7:00-8:30	3 hr / wk
12 yrs and up	Ballet IIIA	T,Th	7:00-8:30	3 hr / wk
14 yrs and up	Ballet IV	T,Th	6:30-8:00	3 hr / wk
Ballet IIIC – IIIB students	Pointe II	W	5:00-6:00	1 hr / wk
Ballet IIIB – IV students	Pointe IIIB	M	6:00-7:00	1 hr / wk
Ballet IIIB – IV students	Pointe IIIA	W	7:30-8:30	1 hr / wk
Ballet IV students	Pointe IV	W	7:30-8:30	1 hr / wk
10 yrs and up	Boys Technique	M	7:00-8:00	1 hr / wk

Advance Technique Classes are taught by Carolina Ballet Members

Ballet IIA - IV	Adv Technique	M	7:00-8:30	1.5 hr / wk
Ballet IIA - IV	Adv Technique	S	9:30-11:00	1.5 hr / wk

CHARACTER

11 yrs and up	Character	W	6:00-7:00	1 hr / wk

IMPROV AND CHOREOGRAPHY

12 yrs and up		F	6:00-7:00	1 hr/wk

MODERN

10-14 yrs	Modern I	M	6:00-7:00	1 hr / wk
14 yrs and up	Modern II	W	6:00-7:30	1.5 hr / wk

JAZZ

6-8 yrs	Introductory Jazz	F	5:00-6:00	1 hr / wk
8-10 yrs	Jazz I	M	4:00-5:00	1 hr / wk
10-12 yrs	Jazz II	W	5:00-6:00	1 hr / wk
12 yrs and up	Jazz III	W	7:00-8:30	1.5 hr / wk
14yrs and up	Jazz IV	M	7:00-8:30	1.5 hr / wk
8-12 yrs	HipHop I	W	4:00-5:00	1 hr / wk
11-14 yrs	HipHop II	F	5:00-6:00	1 hr / wk
13 yrs and up	HipHop III	M	5:00-6:00	1 hr / wk

TAP

6-8 yrs	Tap I	F	4:00-5:00	1 hr / wk
9-12 yrs	Tap II	W	6:00-7:00	1 hr / wk
12 yrs and up	Tap III	M	6:00-7:00	1 hr / wk

ADULT CLASSES

Adult Ballet - Intermediate	M	10:00-11:15 am	1.25 hr / wk
Ballet Technique	S	9:30-11:00 am	1 hr / wk

The Cecchetti Method of Classical Ballet has been developed to educate and prepare dancers from the very first class as a pre-ballet child to the professional level performer who is ready to audition for a company. Good ballet training is not the exclusive property of the Cecchetti Method. What makes this method so unique and effective is its syllabus and the fact that the dancers are not only trained to dance but educated, as well. The syllabus is developed and organized to be age and advancement specific. Students are taught material that is appropriate to their growing bodies. Dancers are required to learn concepts and theories of movement. The syllabus builds on a constant thread from the lowest to the highest levels and assures that every type of ballet movement is included. Examinations provide goals for students and tangible evidence of achievement.

BALLET

Ballet classes are structured to develop technique, strength, and musicality. The Cecchetti syllabus teaches movement in its relation to the whole body thus developing a definite feeling for classical line.

PreSchool Dance **Ages 3-4**

Children dance and stretch with an appreciation of moving with emphasis on creative movement and core muscle strength.

Kinder Ballet **Ages 4-5**

Children dance and stretch with an appreciation of moving with music. Ballet exercises are taught center floor. Emphasis on good posture, straight legs, and creative work.

PreBallet **Ages 5-7**

Students begin simple ballet exercises. Emphasis on muscle awareness and beginning technique along with creative work. General concepts of parallel and turnout are introduced.

Introductory Ballet **Ages 6-8**

Introduces a structured ballet class introducing students to the Cecchetti syllabus. Students work to develop a good concept of correct posture, placement, transfer of weight, and rhythm.

Ballet I (placed by recommendation) **Ages 7-12**

Students develop basic ballet technique and continue to study the Cecchetti curriculum progressing into Grade I syllabus work. Ballet vocabulary and theory are incorporated at this level. Experience required.

Ballet II (placed by recommendation) **Ages 9-13**

Ballet III (placed by recommendation) **Ages 12+**

Ballet IV (placed by recommendation) **Ages 14+**

*In Ballet II, III and IV students move through carefully structured training designed to improve classical technique and increase endurance and muscular control. Ballet I is a prerequisite for Ballet II.

Advanced Technique **offered to Ballet IIA thru Advanced**

An extra class for students interested in a more intense study of ballet. Taught by a Carolina Ballet company member.

Boys Technique **Ages 10+**

A class for boys which will focus on the turns, jumps and stage presence that are demanded of male dancers today.

Pointe I **offered as part of Ballet IIA classes**

Girls demonstrating necessary strength in back, legs, and feet are introduced to the demanding discipline of pointe work. Approximate age is 11, but this with the teacher's assessment of individual students. Students begin with 15 minutes facing the barre at the end of ballet technique class.

Pointe II

For Ballet IIIB & C students, requiring greater muscle development and control. Majority of pointe work is performed with two feet.

Pointe III

For Ballet IIIB – Ballet IV students, stronger dancers with enhanced technique. More exercises center floor requiring greater strength and balance

Pointe IV

For Ballet IV students, advanced pointe work. More intense exercises are done on one foot including center floor work, pirouettes, and classical variations. Endurance on pointe is developed

*Accompanist available with some Ballet II, III, and IV classes.

CHARACTER

Ballet IIA students and up (or equivalent)

Character dance is based on traditional folk or ethnic dances which have been stylized for the stage. National dances (like Polish, Spanish, Russian) are found in many 19th century ballets such as Swan Lake and Raymonda. Character dances were frequently performed as entertainment at court gatherings during the ballets providing a lively and exotic contrast to classical ballet.

IMPROV AND CHOREOGRAPHY

Ages 12+

A class designed for the "out of the box" thinking dance student…the course will explore numerous movement possibilities through improvisational prompts and examine the meaning that is inherent in movement and spacing choices. The student will work as a class, in small groups and independently on movement problems and concepts.

MODERN

This class will focus on the dance technique developed by Lester Horton, designed to build strength, stamina and flexibility. This technique was brought to the world stage by dancers like Alvin Ailey, Bella Lewitzky and Carmen de Lavallade and can improve performance of any technique.

Modern I **Ages 10-14**

Modern II (previous dance experience) **Ages 14+**

JAZZ

All jazz classes combine traditional jazz with the ever-changing styles of today. Each class consists of a full body warm-up, isolations, traveling across the floor, turns, and a variety of combinations.

Introductory Jazz **Ages 6-8**

Jazz I **Ages 8-10**

Introductory Jazz and Jazz I build upon the basics of jazz dance and concentrates on beginning placement, control, strength, and stretch.

Jazz II **Ages 10-12**

Reviews general knowledge of basic dance moves and focus is placed on breaking down turns, leaps, placement, connecting movement so it flows, and building a stronger jazz vocabulary. Requires previous experience.

Jazz III (placed by recommendation) **Ages 12+**

Jazz IV (placed by recommendation) **Ages 14+**

Jazz III and IV reviews the fundamentals of jazz and works on developing a firm, technical foundation while building more dance vocabulary and fostering individual style.

HipHop I **Ages 8-12**

HipHop II **Ages 11-14**

HipHop III **Ages 13+**

Hip-Hop is a relaxed, freestyle form of street dance that is set in a high-energy, fun, and fast paced environment. Dancers will incorporate their own personal rhythms with the latest dance moves.

TAP

All tap classes focus on the development of a sharpened sense of rhythm, coordination, and clarity of sounds incorporating warm-up, rhythm sequences, across the floor, and combination.

Tap I **Ages 6-8**

Introduces basic tap vocabulary and skills, broken-down. Exercises consist of simple structures at slower tempos to coordinate steps in basic rhythmic patterns.

Tap II (previous experience) **Ages 9-12**

Beginner/Intermediate level. Introduces and reviews the fundamentals and traditional steps of tap with emphasis on developing proper technique and clean sounds. Using slow to moderate tempos, exercises are extended and built upon, strengthening technique and musicality.

Tap III (placed by recommendation) **Ages 12+**

Intermediate/Advanced level. Expands the vocabulary of steps and exercises become more complex. Tempos increase and development of clear sounds and body placement is reinforced. Students begin to focus on phrasing rhythms and counting.