

City Ballet 2016-2017 Schedule

Classes begin August 29

Experienced new students must be evaluated for appropriate placement

BALLET

3-5 yrs	PreSchool Dance	W	10:00-11:00	1 hr / wk
3-5 yrs	PreSchool Dance	W	1:30-2:30	1 hr / wk
3-5 yrs	PreSchool Dance	Th	10:00-11:00	1 hr / wk
3-5 yrs	PreSchool Dance	Th	1:30-2:30	1 hr / wk
5-7 yrs	Primary 1	M	5:00-6:00	1 hr / wk
5-7 yrs	Primary 1	Th	4:00-5:00	1 hr / wk
5-7 yrs	Primary 1	S	9:30-10:30	1 hr / wk
6-8 yrs	Primary 2	M	5:00-6:00	1 hr / wk
6-8 yrs	Primary 2	T	4:00-5:00	1 hr / wk
6-8 yrs	Primary 2	S	10:30-11:30	1 hr / wk
7-9 yrs	Ballet 1C	M	4:00-5:00	1 hr / wk
7-9 yrs	Ballet 1C	F	5:00-6:00	1 hr / wk
8-10 yrs	Ballet 1B	M,W	5:00-6:00	2 hr / wk
8-10 yrs	Ballet 1B	T,Th	4:00-5:00	2 hr / wk
9 yrs and up	Ballet 1A	T,Th	5:30-6:30	2 hr / wk
9 yrs and up	Ballet 1A	W,F	4:00-5:00	2 hr / wk
10 yrs and up	Ballet 2	M,W	6:00-7:30	3 hr / wk
10 yrs and up	Ballet 2	T,Th	5:00-6:30	3 hr / wk

Ballet 3 and up students are recommended to take at least 5 hrs/wk

By Recommendation	Ballet 3	T,Th	4:00-5:30	3 hr / wk
By Recommendation	Ballet 3	T,Th	5:00-6:30	3 hr / wk
By Recommendation	Ballet 4	T,Th	6:30-8:00	3 hr / wk
By Recommendation	Ballet 5	T,Th	6:30-8:00	3 hr / wk
By Recommendation	Ballet 6	T,Th	6:30-8:00	3 hr / wk

Pointe

By Recommendation	PrePointe/Pointe 1	W	4:00-5:00	1 hr / wk
By Recommendation	Pointe 2	M	4:00-5:00	1 hr / wk
By Recommendation	Pointe 3	Th	8:00-9:00	1 hr / wk
By Recommendation	Pointe 4	T	8:00-9:00	1 hr / wk
By Recommendation	Pointe 5	T	8:00-9:00	1 hr / wk

Ballet Variations

By Recommendation	Variations 1	W	5:00-6:00	1 hr / wk
By Recommendation	Variations 2	Th	8:00-9:00	1 hr / wk

Boys Technique

8 yrs and up	Boys Technique	S	9:00-10:30	1.5 hr / wk
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Additional Classes

10 yrs and up	Ballet Technique	T	8:00-9:00	1 hr / wk
Ballet 3 - 6	Adv Technique	F	6:00-7:30	1.5 hr / wk

Advanced Technique Class is taught by Carolina Ballet Artist

CREATIVE MOVEMENT

4-6 yrs	Creative Movement	W	4:00-5:00	1 hr / wk
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MODERN

10-14 yrs	Modern 1	W	5:00-6:00	1 hr / wk
12 yrs and up	Modern 2	W	7:30-8:30	1 hr / wk
By Recommendation	Modern 3	W	6:00-7:30	1.5 hr / wk
By Recommendation	Modern 4	W	6:00-7:30	1.5 hr / wk

JAZZ

7-10 yrs	Jazz 1	F	4:00-5:00	1 hr / wk
9-12 yrs	Jazz 2	M	6:00-7:00	1 hr / wk
By Recommendation	Jazz 3	F	4:00-5:00	1 hr / wk
By Recommendation	Jazz 4	F	5:00-6:00	1 hr / wk
By Recommendation	Jazz 5	M	7:30-9:00	1.5 hr / wk

HIP HOP

10 yrs and up	Hip Hop	M	7:30-8:30	1 hr / wk
By Recommendation	Adv Hip Hop	M	6:00-7:30	1.5 hr / wk

TAP

7-10 yrs	Tap 1	M	4:00-5:00	1 hr / wk
9-12 yrs	Tap 2	F	5:00-6:00	1 hr / wk
By Recommendation	Tap 3	M	7:30-8:30	1 hr / wk
By Recommendation	Tap 4	W	7:30-8:30	1 hr / wk

ADULT AND DROP-IN CLASSES**

10 yrs and up	Ballet Technique	T	8:00-9:00	1 hr / wk
Ballet 3 - 6	Adv Technique	F	6:00-7:30	1.5 hr / wk
Adult	Adv Technique	F	6:00-7:30	1.5 hr / wk

**Drop-In Rates are available to students not enrolled in any other class
\$25 for 1 hour; \$38 for 1.5 hours

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 3-5

Children dance and stretch with an appreciation of moving with music. Ballet exercises are introduced along with other techniques. Emphasis on good posture, rhythm, and creative work lead to an in-studio recital in the Fall and the Spring.

Primary 1

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.

Primary 2

Ages 6-8

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

Ballet 1 (by recommendation)

Ages 7+

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 2 - 6

By Recommendation

*In Ballet 2 through 6 students move through carefully structured training designed to improve classical technique and increase endurance and muscular control. Ballet 1 is a prerequisite for Ballet 2.

PrePointe/Pointe 1

By Recommendation

Students demonstrating necessary strength in back, legs, and feet are introduced to the demanding discipline of pointe work.

Pointe 2 - 5

By Recommendation

Variations

By Recommendation

For Pointe 3 through Pointe 5 students, enhance your technique and artistry; focus on precise footwork, musicality, and character interpretation/development

Boys Technique

Ages 8+

This all-boys class will help boys develop coordination, balance, flexibility, rhythm, strength, and agility. The focus of this class is to develop understanding and appreciation of the dance arts while building skills that will benefit them in all forms of dance and sports.

Ballet Technique*

Ages 10+

Introduces a structured ballet class for those interested in ballet with less formality. Students work to develop a good concept of correct posture, placement, transfer of weight, and rhythm. Adults and athletes welcome.

Advanced Technique*

offered to Ballet 3 thru 6

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

Accompanist available for some Ballet and Pointe classes.

The Cecchetti Method of Classical Ballet has been developed to educate and prepare dancers from the very first class as a pre-ballet student to the professional level performer who is ready to audition for a company. The method's unique syllabus is organized to be age and advancement specific so that students are not only trained to dance but also learn concepts and theories of movement. Building on a continuous thread assures that every ballet movement is included. We encourage our students to participate in the Cecchetti Examination process to assess their progress and level of proficiency.

CREATIVE MOVEMENT

Dancers will explore the basics of movement using a variety of techniques. Class will include basic technique with emphasis on muscle control and strength, stretching and large motor movements such as jumping. Dancers will participate in improvisations with prompts from a variety of sources including nature, books, and music.

Creative Movement*

Ages 4-6

MODERN

Modern dance techniques allow dancers to expand their movement vocabulary while developing strength and flexibility. Modern 1 introduces flow and floor work while Modern 2 and 3 focus on the technique of Lester Horton. Modern 4 emphasizes release and expression.

Modern 1

Ages 10-14

Modern 2

Ages 12+

Modern 3 - 4

By Recommendation

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.

Jazz 1

Ages 7-10

Jazz 2

Ages 9-12

Jazz 3 - 5

By Recommendation

HIP HOP

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.

Hip Hop

Ages 10+

Advanced Hip Hop

By Recommendation

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.

Tap 1

Ages 7-10

Tap 2

Ages 9-12

Tap 3 - 4

By Recommendation

All students are expected to participate in the recital in May. Performance experience is considered an integral part of a student's dance training. Known conflicts with recital performance or preparation must be communicated in writing to the instructor prior to October as this will affect costuming and choreography. All accounts will be assessed a non-refundable recital fee per class in October.

** Class does not perform in Recital*