

A Note About Proper Ballet Training

Ballet class is the training a student needs to maintain and improve his/her skills, or technique.

In the beginning years, it is sufficient for students to take one ballet class per week (train for one day per week). As students get older, their bodies and minds become stronger, enabling them to take on more challenging technique.

In order to acquire the level of skill (technique) that is needed for a student to advance, it is necessary to increase the number of classes taken per week.

Below is a listing of the SBC class structure to let parents and students clearly see the development of a student's training.

**Mother Goose Ballet **

Pre-Ballet > Creative lessons to prepare the 3-7 year old student for structured ballet classes.

Advanced Pre-Ballet /

A Level classes: First 3 yrs. of structured training. Attend 1 class per week.

B level classes: Next level- technique becomes more challenging.

Students should attend 2-3 classes per week.

C level classes: At this level students should take 3-4 classes per week in addition to their pointe classes.

Int/Adv- Professional- A minimum of 3 classes per week can maintain technique, but to continue to excel, students at this level should attend 5 or more ballet/pointe classes per week.

Pointe work is a serious endeavor and a student must be strong enough in body and mind before this training can be safely begun. A student must have attended 2-3 ballet classes per week for at least 2 years, and be about 12 years old, before pointe work can be considered. These are general guidelines to follow; each student is evaluated individually since every child develops at their own rate.

Students in B or C levels that choose not to take the number of classes needed to maintain and advance their technique will not advance to higher levels.

Students are welcomed and encouraged to attend lower level classes as additional training to build strength and technique.

Intermediate and Advanced pointe students are encouraged to take lower level technique classes en pointe, and to wear their pointe shoes for part of their own level technique class as well.

GUIDE TO A WELL ROUNDED DANCE TRAINING PROGRAM

Dance should be fun- and it is! However, parents who wish their children to truly learn the discipline and technique of dance must understand that dance training is a very focused and serious endeavor. The classes that students take is their training. As the student grows in strength and maturity, the level of training (the number of classes to take) grows as well. Whether a student wishes to pursue dance as a career or not, it is important that their training is the best it can be.

The following is an outline of suggested classes for your child to take to provide him/her with a well rounded dance training program. Please realize that this is just a guide to help and inform you and that students are not required or obligated to follow these suggestions. The instructors at SBC are always happy to answer any questions and to help you fine-tune your child's class schedule.

Classes per week for:

the 3-6 year old

~ 1 Mother Goose, Pre-Ballet or Adv. Pre-Ballet class

the 6-8 year old

~ 1 ballet class

~ 1 tap/jazz and/or 1 Creative Movement class

the 8-11 year old

~ 2-3 ballet classes

~ 1-3 tap/jazz, Creative Movement, modern, and/or HipHop classes

the 12-18 year old

~ 3-4 ballet classes

~ 1-3 pointe classes

~ 1-4 jazz, tap, modern and/or HipHop classes

~ Pilates training

~Students that wish to focus on ballet should also participate in some other forms of dance to round out their training, especially if they hope to dance professionally.

~ Students that wish to focus on dance styles other than ballet should remember that ballet training is the foundation for all other forms of dance, and we highly recommend to keep at least 1 ballet class in your training schedule.

ALWAYS REMEMBER TO:

~ Dress appropriately for class ~ Be on time for class

~ Do not miss classes unless you are sick or have an important conflict.

~ Make up classes that you miss

~ Your dance training is a commitment- take it seriously!