



## **CLASS DESCRIPTIONS 2019-2020**

Monmouth Academy of Ballet offers beginner, intermediate and advanced dancers as well as adult enthusiasts a complete curriculum of professional instruction from September through June of each year. Our curriculum incorporates the Royal Academy of Dance syllabus which is the most comprehensive and purest of the classical syllabi currently available to ballet teachers.

Learning ballet is an incremental process involving many stages of development. Students will progress through various levels at a pace appropriate for them. Each class level sets higher expectations and becomes more demanding both physically and intellectually. All levels aim to inspire students and help them experience the pleasure, pride and satisfaction of performing ballet.

### **WONDERFUL WEDNESDAY & SPLENDID SATURDAY**

This class will be a learning and development opportunity for young girls and boys ages 3-5. They will discover the joy of music and movement, learning to express themselves creatively. With the use of props and stories your child will gain confidence, fine motor skills, coordination, musicality, and learn basic ballet terminology.

### **MABoyZ**

This class is brand new and is exclusively for boys ages 3-5. In this theme-based “Animals in Nature” class, students will explore natural, innate movement patterns through fun, creative exercises. They will develop locomotor and manipulative skills as they are having fun jumping like a frog, hanging like a monkey or balancing on one leg like a stork. This class lays the foundation for correct postural alignment necessary for all movement including sports as well as dance.

### **ARABESQUE**

These classes aim to capture and nurture the instinctive joy of movement and freedom of expression in a child centered environment that encourages exploration, independence and social interaction. Students will participate in developmentally appropriate activities that facilitate the acquisition of dance skills at a later age.

### **CHASSÉ**

With this class additional technique and ballet vocabulary are introduced. The student’s repertoire of movement, timing and complexity become more integrated. The performance and musical aspects of ballet are increasingly demanding.

### **PASSÉ**

This class is pivotal in the young dancer’s education. It is an exciting age to master more technically demanding aspects of ballet. Bodies are now neurologically capable of mastering more complex progressions of the ballet technique.

## **DÉVELOPPÉ**

This class introduces dancers to performance skills and involve increasingly demanding levels of physical development and technique. The student's repertoire of movement, timing and complexity become more integrated offering the potential to advance into solo performance and pointe work.

## **ÉCHAPPÉ**

Classes are focused on technique, pointe work and solo performance with attention to mastering the essential connection of mind and body. Complementary exercises will increase flexibility, joint mobility and muscle strength to enable students to safely manage increasing physical demands on their body.

## **ADULT BEGINNER BALLET**

Proper ballet posture and core muscular development are essential outcomes for students taking this class. Flexibility and fluidity of movement are gained as students develop technique while moving to inspiring music. Strength, stamina and confidence acquired in this class will propel your desire to progress into more challenging technique and movement patterns.

## **ADULT BALLET**

The fundamentals of posture, core development, flexibility and fluidity are reinforced as students progress through a full, classical ballet barre and gracefully move to the center floor to challenge their balance and coordination with center practice exercises. The class culminates with a series of more challenging petite enchainments to further stimulate strength, stamina, ease of movement, memory and confidence.

## **HEALTHY MOVEMENT**

In this class, teens and adults will learn how to do hundreds of small exercises throughout the day to improve their posture. Students will learn where tension is held in their body and how to correctly release, stretch and strengthen various muscles to improve how they move. Students will learn how to keep all of their body parts in alignment while they move and how to move more of themselves to achieve optimal whole-body health.