



## CLASS DESCRIPTIONS 2020-2021

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.

### TERRIFIC TUESDAY & SPLENDID SATURDAY

This class will be a learning and development opportunity for young girls and boys. 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.

### PIROUETTE

This class continues to foster the discovery of music, movement and creative expression. At this level even more ballet terminology is introduced and proprioception is challenged.

### 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.

## CHANGEMENT

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. Classes are focused on technique, pre-pointe, 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 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.

## SILVER SWANS

Miss Ellen's continued commitment to offering world class ballet to all students has led to her achieving Silver Swans licensed status. Silver Swans is designed by the Royal Academy of Dance to serve mature dancers where each will receive modifications in class according to their ability and physical limitations if necessary. For both novice and experienced dancers, these classes have no upper or lower age limit and no strict regime. This class delivers internal, emotional, and a physical workout where dancers sculpt their bodies, increase confidence, and physical stability and agility in a positive, like-minded atmosphere.

## PROGRESSING BALLET TECHNIQUE

Miss Ellen has recently completed PBT certification for Level I. This technique is a phenomenal compliment to any ballet class you are currently taking. It is quite accessible to the adult student who has always wanted to try ballet but may be intimidated. This class is laying the foundation for ballet technique with its terminology and positions. This could be used as a spring board into a ballet class or just a great way to strengthen and stretch!