

Guide to Choosing Your Level & Class Requirements

Choosing your level: Please understand that below are general requirements for ballet and it is at the discretion of the teacher whether or not the student may stay in the level they have registered for. The teacher may request the student go wither down or up a level. Please keep in mind that when a teacher requests the dancer to go down a level it is only in the best interest of the student and not because the student is unwanted in the class. Our faculty not only looks at whether or not the student can execute the technical combinations within the class but more importantly that it is executed correctly. Dancers that put themselves in a level above their own not only hold themselves back from making adequate progress as a dancer but also put themselves at risk for serious injury Private lessons are available for more one on one coaching if a student is wanting to achieve certain dance skills and progress.

Pre-Ballet: Introduction to basic ballet steps. Stretching, basic positions, creative movement, locomotor and non-locomotors skills.

Skipping, hopping, walking, running, chasse', jumping. Learning out to stay in line and take turns.

Beginner: No experience or basic skills of ballet positions of feet and arms, plié, tendue, flexibility, single chaine, single pirouette, pas de bouree, battements, changement, leaps. Dancer trains 1hr to 2 hrs. per week.

Intermediate: Students should have a foundation in ballet and at **least 2-4 years training in ballet** or jazz experience and an understanding for performance. Can execute all beginner skills and have more of an understanding of body placement and turn out. Grand plié, degage, frappe, fondu, rond de jambe, grand battment, Work from 5th position. Double pirouette, chaines, pique turns, jete glissade, assemble', good flexibility. Students should train a minimum of 3-6 hrs. per week.

Advanced: Students should have a foundation in ballet and at least 3 or more years of experience. Must have a good focus and able to take corrections and apply them. Must have strong performance skills. Triple pirouette, double pique, strong petite and grand allegro skills. De'veloppe', penche', tour jete' fouette' not only dance skills but performance skills and stylization of movement and musicality in this level. Students should train a minimum of 4-8 hrs. Per week.

Pointe: In determining a student's readiness for pointe work, the following areas will be taken under consideration:

1) Length and intensity of study. 2) Strength. 3) Age/bone development- the average age is 12. 4) Anatomy of the foot and ankle. 5) Weight. 6) Attitude when going on pointe

A ballet student must be training a minimum of 3 hrs. per week to dance on pointe for strength and safety of ligaments and tendons. Pointe work is like weight lifting. It must start out light and build. It must be consistent. If too many technique classes are missed and a student training decreases they will not be strong enough to dance on Pointe. Generally a beginning pointe student starts at the ballet barre for 15 min. The student works up to ½ hr. then a full 1 hr. pointe class. In general a student is at the barre for 6 months and then will move into center work. A pointe student usually trains for at least a year before they can perform on pointe.

Here at Main Street Dance we train every student on an individual basis. We understand that no two students are alike; they are built with different strengths and weaknesses in different areas. These are just generally guidelines to help you assess where you child should be placed and what skills your child should meet in order to advance and attain their personal dance goals. We want to accommodate each dancer's needs. Please let us know if your child needs special assistance or has any special needs that we should be aware of so we can better assist your child's learning. We can achieve successful, amazing, dancers with encouraging, honest and consistent training.

T.E.A.M. –Together Everyone Achieves More!

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