

# Adv. Beginner Lower School Program

last updated 8/2/23

## Arts Ballet Academy 2023-24: Core Programs & Electives Lower School

### BEGINNING CLASSES: 8+ & Placement

Level 2 a/b/c Advanced Beginning Ballet Core Program and Electives (2+ Ballet Classes, 1 Modern/Contemporary, and Performance Class with 2+ Roles in Performances & may add Fri./ Sat.) Level 2s may take minimum of 2 days/week or as many as 6! For questions and advising please email or call. Appointments: [calendly.com/artsballet](https://calendly.com/artsballet)

Notes:	Age/Skill	Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Counts towards 4+ Pointe Hours?
Placement Req.	8+ & skill	Ballet Core Level 2 a/b/c	4:45/5-7:00		4:45/5-7:00				x
Add on:									
Elective	8+	Beginning Tap			4:30-5:00				
Elective	7-14	Musical Theater			5:00-6:00	* If a level 2 wishes to take MT, Must add a ballet class (4:45-6:00 Tu/Th) or 9:30-11:00 Saturday ballet technique class & stay for Modern B Wednesday			
Elective	7-14	Acting and Repertoire				5:00-6:15			
Elective	7+ taking lev 1+ ballet or 8+ if not	Conditioning/Strengthening					4:15-4:45		
Elective	7+ taking lev 1+ ballet or 8+ if not	Beg. Jazz/Contemp. Open Tech					4:45-6:00		
Elective	7+ taking lev 1+ ballet or 8+ if not	Conditioning/Strengthening						9:00-9:30	
Elective	Level 2/3	Ballet Technique Jr. Company						9:30-11:00	x
Elective	Must be 10+ and Level 2+	Pre-Pointe/ Foot Strength						11:15-12:30	x

## About:

In levels 2 a/b/c, students continue their formal ballet and dance fundamental training with the emphasis on barre work, focusing on muscle development, musicality, and coordination. Dancers will become familiar with the structure and discipline of a ballet class. The technique is R.A.D. and Vaganova based, with an emphasis on vocabulary, posture, coordination, and correct execution of steps. Students will work on preparations for turns, flexibility, ports de bras, jumps, and spacial awareness. All movements from Level 1b are given new combinations and more precise execution. Performance opportunities are also increased.

## Pricing:

### Ballet Level 2 Adv Beginning Ballet 2 days/week Ballet Core and Elective Options

- 2 days/week - Mon & Wed: 4:45 (or 5:00) - 7:00 pm ~ Ballet Core includes Performance & Modern/Lyrical/Jazz \*\$185/month
- Wednesdays 4:30-5:00 pm ~ Beginning Tap \$60 or add on to Level 2 or Musical Theater for \$10/month
- Wednesdays 5:00-6:00 pm~ Muscial Theater Ages 7-14 \*\$80 or add to Level 2 for \$20 Must take another ballet class contact us for options
- Wednesdays 7:00-8:30 ~ Ages 10-14 Youth Intermediate Ballet @95/monthly
- Thursdays 5:00-6:15 pm ~ Acting & Repertoire Ages 7-14 \*\$90 or add to Level 2 for \$25
- Fridays 4:15-4:45 ~ Conditioning and Strengthening \$60/month OR Add on to Level 2 or Jazz/Contemp \$10/month
- Fridays 4:45-6:00 ~ Beginning Jazz/Contemporary Open Tech Age 7+ if added on to Level 2 (add \$25) or Age 8+ if no ballet (\$90/month)
- Saturdays: 9:00-9:30 am ~ Conditioning and Strengthening \*add \$10/month
- Saturdays: 9:30-11:00 ~ Ballet Technique ~ Junior Company \*add \$30/month
- Saturdays: 11:15-12:30~ PrePointe/Foot Strength Must be age 10+ \*add \$25/month