

## Adult Ballet

Designed for dancers of all abilities. Participants will strengthen their ballet technique aimed to improve alignment and balance, strengthen muscles, and increase flexibility. In this class, the teacher will make sure to accommodate to participants of all levels in order to create a comfortable environment for growth.

## Flexibility

Introduces various techniques of flexibility training as well as techniques that are especially designed to improve your range of movement and mobility. The focus of the class is to stretch and lengthen the muscles of the body, and to strengthen them to be able to better execute ballet technique or simply utilize in one's own daily routine.

## Class Schedule

Pre-Ballet I	Sat 9:00 AM
Pre-Ballet II	Sat 10:00 AM
Ballet I	Mon & Wed 4:30 PM
Ballet II	Tue & Thu 4:30 PM
Ballet III	Mon & Wed 5:30 PM
Ballet IV	Tue & Thu 5:30 PM
Pointe I	Fri 4:30 PM
Pointe II	Fri 5:30 PM
Adult Ballet	Tue & Thu 7:00 PM
	Sat 12:00 PM
Flexibility	Mon & Wed 7:00 PM
	Sat 11:00 AM

## Contact Info

### Phone Number

915-478-7380

### E-mail Address

[info@nyliaballetacademy.com](mailto:info@nyliaballetacademy.com)

### Our Location

13340 Soleen Rd. Suite D  
El Paso TX, 79938



EAST EL PASO'S CENTER  
FOR CLASSICAL BALLET  
TRAINING



# CLASS DESCRIPTIONS

## Pre-Ballet I

*Designed for 3 - 4 year olds.*

Students are introduced to ballet vocabulary and class etiquette, focusing on the development of coordination, strength, flexibility, and musicality during their early development stages. It is important to us to maintain a creative and accepting learning environment to keep our tiny ballerinas motivated and engaged in the art of ballet.

## Pre-Ballet II

*Designed for 5 - 6 year olds.*

Designed to introduce the fundamentals of classical ballet technique. The class begins with conditioning, strengthening and stretching exercises to help students use, and isolate, certain muscle groups pertaining to dance. This class will enhance the student's coordination, balance and flexibility, as well as musicality.



## Ballet I

Ballet I includes basic barre exercises, as well as center work implementing the study of classical ballet vocabulary. Instruction involves strong concentration on correct body alignment, along with the development of attention span, discipline, and musicality.

## Ballet II

For students who have studied the basics and are ready to concentrate on developing a broader ballet vocabulary through barre work, center exercises, and across the floor combinations designed to improve coordination, flexibility, endurance, and musicality. This class will strengthen the feet and ankles to prepare the students for pointe shoes, and more advanced technique.

## Ballet III

An intermediate class designed with focus on classical ballet technique through a professional class progression. We highly recommend students at this level take class at least three times a week for optimal growth. Students will build on their skills and strength, and refine their movement with attention to technique, execution and artistry.

## Ballet IV

An advanced level class with a required placement class prior for enrollment. Students learn advanced technique, while emphasizing musicality, discipline, and professionalism. We highly recommend students at this level to take class at least four times a week for optimal growth.



## Pointe I

*By invitation only for our Ballet III & IV students.* This class is an introduction to pointe work, requiring students to have very strong ankles, body awareness, core stability, along with basic classical ballet technique.

## Pointe II

Students will be invited to participate on an individual basis when they have the necessary physical and technical development. These classes are perfect for the ballerina who is wanting to take their ballet technique to the next level. This class includes classical variations, the study of solo dances from historically established classical ballet repertoire.

