



Pre-Ballet Curriculum

Pre-Ballet for ages 3-5 will introduce ballet technique in a fun simple way through imagination and a hands on approach. Each month, as the students progress, we will introduce new terms and steps using good technique, coordination, and creativity, building on skills learned in the previous month. At the end of the semester, they will be doing an in-class performance to show their progress to close friends and family.

During each class period, we will generally observe the following schedule:

- Circle Warm-Up (10 min): Includes fun and correct stretching of muscles through creativity and imagination.
- Circle Activity (10 min): Provides an opportunity to introduce new steps and vocabulary through activities and games. It's also a time to practice musicality and rhythm.
- Princess Path (10 min): Allows for imaginative dancing and memorization.
- Barre (5 min): Works on proper alignment and balancing.
- Center (10 min): Gives children a chance to practice movement around the room and also works on coordination through creativity and group activities.

Monthly Focus

January: Introduction of ballet, movement, and class etiquette.

February: Coordination in jumping (forward & back and out & in).

March: Sideways movement, review previous steps.

April: Balancing and hopping on one foot.

May: Strengthening back exercises, prepare for in-class performance.