



Adult Ballet Curriculum

This class is created for new and advanced ballerinas alike. From the barre to center floor, fun and challenging combinations and variations will help improve any level of dancer. 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. This course is 12 weeks long.

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

- Barre (35 min): Stretches the brain to memorize more advanced combinations while practicing correct form.
- Center/Across the Floor/Corners (40 min): Develops physical and mental confidence as they further work on musicality and bringing dance to life through fun combinations and variations.
- Reverence (bow/curtsy): Shows teacher and other students in the class respect and appreciation for class time.