

CLASS DESCRIPTIONS

BEGINNER LEVEL

BEGINNER 1

Classes for ages 6 and 7 that engage with the foundations of ballet.

Required classes: One (1) one-hour ballet technique class per week.

Optional classes: One (1) hip-hop class to further students' understanding of movement.

BEGINNER 2

Classes for children ages 8 and 9 building upon the foundations of ballet.

Required Classes: Two (2) one-hour ballet technique class per week.

Optional Classes: One (1) hip-hop class and/or one (1) additional technique class in another level per week (teacher recommendations required for additional technique class).

INTERMEDIATE LEVEL

INTERMEDIATE 1

Classes geared towards children ages 10 to 11 and aimed at crafting the young dancer's ability to focus and then execute the ballet vocabulary.

Required Classes: Three (3) 1.5 hour ballet technique classes per week.

Optional Classes: One (1) beginning pointe (teacher recommendation required) and/or (1) one hip-hop class and/or one (1) contemporary class per week.

INTERMEDIATE 2

Classes for ages 12 and 13 that provide the knowledge necessary to further expand student's ballet technique with pointe work or men's classes.

Required Classes: Four (4) 1.5 hour ballet technique classes, one (1) pointe class (Beginning Pointe or Intermediate 2 Pointe)(females)/men's class (males) per week.

Optional Classes: One (1) hip-hop class and/or one (1) contemporary class.

ADVANCED/PRE-PROFESSIONAL LEVELS

ADVANCED 1 / ADVANCED 2

Classes for ages 14 and 15 that demonstrate proficiency in the fundamentals and finer points of technique.

Required Classes per week:

- Five (5) 1.5 hour ballet technique classes
- Two (2) pointe classes (female)/ one (1) men's class (males)
- (1) pas de deux class (accompanied by dancers of Carolina Ballet)
- One (1) contemporary class
- One (1) hip hop class and/or conditioning class
- One (1) variations class (females) (taught in conjunction with ballets currently being performed by the company)

*This level includes opportunities to rehearse and, if deemed ready, potentially perform with Carolina Ballet dancers in certain productions.

PRE-PROFESSIONAL

Classes for ages 16-18 aimed at preparing students for life in a professional ballet company.

Required Classes per week:

- Six (6) 1.5 hour ballet technique classes
- Two (2) pointe classes (females)/one (1) men's class (males)
- One (1) pas de deux class (accompanied by dancers of Carolina Ballet)
- One (1) contemporary class
- One (1) hip hop class and/or conditioning class
- One (1) variations class (females) (taught in conjunction with ballets currently being performed by the company)

*This level includes opportunities to rehearse and, if deemed ready, potentially perform with Carolina Ballet dancers in certain productions.