



2022-2023 Class Descriptions

Beginner Levels

BEGINNER 1

Typically for students ages 6-7, these classes provide an introduction to the fundamentals of ballet.

Per week, tuition includes:

- (1) ballet technique class

Optional additional classes:

- (1) ballet technique class (higher level possible based on teacher recommendation)
- (1) hip-hop class

BEGINNER 2

Typically for students ages 8-9, these classes continue to build on the foundation of their studies in ballet.

Per week, tuition includes:

- (2) ballet technique classes

Optional additional classes:

- (1) ballet technique class (higher level possible based on teacher recommendation)
- (1) hip-hop class
- (1) conditioning class

Intermediate Levels

INTERMEDIATE 1

Typically for students ages 10-11, these classes are focused on crafting a young dancer's ability to focus and execute existing and new ballet vocabulary.

Per week, tuition includes:

- (4) ballet technique
- (1) beginning pointe/pre-pointe (teacher recommendation required) or (1) men's class
- (1) hip-hop OR (1) contemporary class per week.

Optional additional classes:

- (1) ballet technique class (higher level possible based on teacher recommendation)
- (1) hip-hop
- (1) contemporary class

INTERMEDIATE 2

Typically for students ages 12 and 13, this level provides a larger offering of classes to continue to expand a student's knowledge and experience.

Per week, tuition includes:

- (5) ballet technique classes
- (1) pointe class (Beginning or Intermediate 2 Pointe) OR (1) men's class per week
- (1) contemporary OR hip-hop
- (1) conditioning class

Optional additional classes:

- (1) ballet technique class (higher level possible based on teacher recommendation)
- (1) pointe class
- (1) hip-hop class
- (1) contemporary class,
- (1) conditioning class

Advanced/Pre-Professional Levels

ADVANCED 1 / ADVANCED 2

Typically for students ages 14-15, these classes focus on the finer and more advanced fundamentals of ballet.

Per week, tuition includes:

- (6) ballet technique classes
- (2) pointe classes
- (1) men's class
- (1) pas de deux class
- (1) variations class
- (1) hip-hop class
- (1) conditioning class
- (1) contemporary class

**These levels have the option to add the Morning Classes. These levels also include potential opportunities to rehearse and perform with Carolina Ballet if deemed ready.*

PRE-PROFESSIONAL

Typically for students ages 16-18, these classes are geared towards refining their training in preparation for a career in a professional ballet company and further.

Per week, tuition includes:

- (6) ballet technique classes
- (2) pointe classes
- (1) men's class
- (1) pas de deux class
- (1) contemporary class
- (1) hip-hop class
- (1) conditioning class
- (1) variations class
- (5) morning classes

**This level includes opportunities to rehearse and perform with Carolina Ballet if deemed ready.*

FLEX PROGRAM (available to Intermediate 2 students and up)

This option is designed for students who are seeking to balance their ballet and school/ extracurricular workloads. A student has the option to add as many classes as they'd like at the additional class rate.

Per week, tuition includes:

Intermediate 2:

- (3) ballet technique classes
- (1) pointe class
- (1) men's class
- (1) hip-hop, contemporary or conditioning class

Advanced 1/ Advanced 2:

- (3) ballet technique classes
- (1) pointe class
- (1) men's class
- (1) variations class
- (1) hip-hop, contemporary or conditioning class