

**Here are a few frequently asked questions** and answers that may help you decide what classes are appropriate for your child, what level you should enter, or what things you need beforehand. If your questions are still unanswered, email us at [info@bainbridgeballet.com](mailto:info@bainbridgeballet.com) or visit us at the studio.

- What class is right for my child?

Where your child begins depends on age and experience. If your child is age 3 to 7, they should start in a pre-level class with the age range after the name, i.e. Pre-Ballet 4-5 (for 4yr olds turning 5 in the school year).

- At what age do you start your dancers?

We begin our dancers with a Pre-Ballet class at 3 years old where they learn movement and basic technique in a follow-the-instructor supportive atmosphere.

*If your child is 8 or older, the level of class will depend on experience. We have an alphabet and numeric system. A1 is generally a beginner level for 8-10yr olds. A2 will be the next level for the following year with one entire year of experience in that style of dance. A3 will be for those with 2 full years of training. Levels B1 and B2 are Intermediate levels. Level C is Advanced based on skill level. For students older than 9 coming from another dance school, it is best to have them try a few different classes to determine level. Every school has different standards for their levels and styles of dance vary.*

*\*We also offer Beginning Teen and Beginning Adult classes as specified on the schedule.*

- What's the difference between MODERN and LYRICAL?

Modern is a dance developed as a contrast to ballet. So rather than being upright and turned out at the hips, much of it has curved lines and done with legs parallel. It also includes on-the-floor movements. It often follows natural rhythm but still has structure and shape. Lyrical is a dance style based on ballet technique with some jazz steps and movement done to music with lyrics. A base of several years of ballet training is recommended before starting lyrical.

- How many classes should my child take?

The number of classes depend on several points: age of the child, length of experience and goals. Generally, most children under the age of 7 take one class a week. As they progress, most will increase the number of classes as their interest expands. If dance is a career goal, taking every day is not unusual even for 8 or 9yr olds. As a teen, we expect students to be taking several classes a day and continue taking during the summer including taking summer intensive programs.

- What does it take to become a professional dancer?

The world of dance has expanded in many areas. There is commercial dance (video, movies, commercials), artistic (sometimes mixed with commercial dance) and of course teaching (going to college to have a degree in fine arts). For performance dance, it usually requires a good base in classical training, meaning ballet. Discerning what is good training can be difficult for those unfamiliar with the dance world. As in everything, there is a huge range in the expertise level of a school. It is not unusual for a prospective dancer to spend 20-30 hours a week training in dance. Along with dance classes, conditioning, yoga, weight lifting, running are all things that a serious dancer will do to enhance their training.