



Bainbridge Ballet Class Descriptions

Pre-ballet (ages 3-7)

Teaches basic movement and dance concepts such as spatial awareness, rhythm and gross motor skills as well as classroom structure, and focus.

Ballet/Tap (ages 4-6)

A wonderful combination class of tap and pre-ballet for those children who love both! Students learn physical coordination, rhythm, mental concentration, the basic disciplines of dance with a series of fun and exciting games and movements.

Ballet A1 (ages 7 and up)

A structured class designed for advancing students. At this level, students will work in turnout for most of the class, learning fundamental ballet steps, stressing classic style in simple combinations and terminology while gaining strength, stamina, confidence and presence.

Ballet A2

Appropriate for students with previous training who have mastered all of the basics covered in Ballet A1. Students will experience greater technical control and will gain greater familiarity with necessary terms and technique. We will also focus on body awareness.

Ballet A3

Designed to emphasize and accelerate progress toward excellent technique and strength. Good alignment, developing strength and proper articulation of the feet are necessary to pass this level. Often this level will require 2 years of training.

Ballet B/C (ages 11 and up)

Students at this level will have had several years of serious technical training. Class will focus on complex combinations and various styles of ballet (ie: romantic period, Balanchine), multiple turns, jumps with beats and advanced stretching techniques.

Pointe

This class teaches the proper alignment and specialized techniques necessary to perform safely and properly en Pointe. This class follows a ballet technique class. 2 ballet technique classes per week are required to take pointe as well as preparing for pointe.

Modern

Based on the same principles as ballet, it departs in the shaping of positions using parallel. The movements imitate the rhythms and motions in nature. A mixture of styles will be taught with an emphasis on alignment.

Jazz

Classical jazz steps and positions taught with contemporary music.

Lyrical

A meld of classical jazz, ballet with other influences for the more advanced dancer. Basic knowledge of Jazz movements is necessary and at least 1 year of ballet experience is required. Must be taken with a ballet technique class.



Bainbridge Ballet Class Descriptions

Hip Hop

Combines body isolations with locking and popping techniques. Students will learn basic movements and then work on creating combos in their unique individual style. This is a fun and high energy dance style.

Beginning Tap (A1, A2 & A3)

Introduces tap technique with basic steps developing students' coordination, confidence and musicianship.

Tap B/C

A technique class for students advancing from beginning levels. This class will focus on taking basic steps and turning them into exciting combos.

Variations Pt

A class in ballet choreography taken from classic ballets that can be taken en pointe or on flat. Requires a good foundation of ballet training.

Acro

Tumbling skills, handstands, and headstands done on 30 ft. panel mats. Correct technique in doing somersaults, aerials, and walkovers.