

Ballet Basics

Class Description

This class is geared toward dancers who have never had ballet training or only a little and would like to learn the basics to improve their overall dance technique. Dancers will learn beginner barre work, basic turns, jumps and traveling exercises. Emphasis is on body alignment, proper arm placement and terminology.

Prerequisite

None

Age

Age 10 & up

Attire

Black leotard (any sleeve length with no skirt attached)
Pink footed or convertible dance tights

Shoes

Pink leather or canvas, split-sole, ballet slippers

Hair

Must be in a bun

Other

No skirts or shorts allowed

See suggested locations for purchasing dancewear