



COASTAL BALLET
Center For The Arts

CLASS DESCRIPTIONS

Parent-Tot Ballet <i>Ages 2-3</i>	<p>Parent-Tot Ballet students will take class once per week.</p> <p>Parent-Tot Ballet is a fun, engaging way to introduce dance and movement to a child. Experiences and learning will be developmentally appropriate.</p>
Parent-Tot Yoga <i>Ages 2-3</i>	<p>Parent-Tot Yoga students will take class once per week.</p> <p>Parent-Tot Yoga is a fun, engaging way to introduce stretching and movement to a child. Experiences and learning will be developmentally appropriate.</p>
Pre-Ballet <i>Ages 2-5</i>	<p>Pre-Ballet students will take class once per week.</p> <p>In Pre-Ballet students will develop gross motor coordination, musicality, listening skills, and foster their imagination. Experiences and learning will be developmentally appropriate. Dancers will begin to hear proper ballet terminology.</p>
Intro to Ballet <i>Ages 5-6</i>	<p>Intro to Ballet students will take 1 or 2 classes per week.</p> <p>Students in Intro to Ballet will continue to develop their movement and musicality but with more structure. Dancers will continue to learn ballet terminology and start to learn ballet etiquette.</p>
Ballet 1 <i>Dancers are approximately 6-8 years old</i>	<p>Ballet 1 students will take 2 classes per week.</p> <p>Students in Ballet 1 will build foundations in ballet technique. They will learn proper ballet terminology and beginning barre exercises. Ballet etiquette will be taught and expected.</p>
Ballet 2 <i>Dancers are approximately 9-11 years old</i> When ready, Ballet 2 students will be invited to	<p>Ballet 2 students will take 3 classes per week.</p> <p>In Ballet 2 technique and alignment are taught and developed. Artistry is practiced. As dancers' skills</p>

start pointe at the teacher's discretion	improve, they may be invited to go en pointe and take Ballet Level 2 Pointe classes. Ballet etiquette is expected.
Ballet 3 <i>Dancers are approximately 12-14 years old</i> Ballet 3 students are en pointe	Ballet 3 students will take 4 classes per week plus one non ballet class. Pointe will be embedded into regular classes throughout the week. Technique and alignment are solid and artistry is practiced. Difficulty and complexity is increased.
Ballet 4 <i>Dancers are approximately 15+ years old</i> Ballet 4 students are en pointe	Ballet 4 students will take 5 ballet classes per week plus one non ballet class. Pointe will be embedded into regular classes throughout the week. Technique and alignment are advanced. Artistry is emphasized. Ballet 4 dancers should be able to perform challenging and complex exercises and combinations in class.
Adults <i>Ages 18-100</i>	Whether you are a beginner or previous professional, ballet class is a wonderful way to stay in shape, stretch tight muscles, challenge your mind, and feel beautiful! Class will include barre work and center work. Our instructors are highly skilled and able to suit all levels.
Lyrical <i>Ages 6-14</i>	Combines ballet and jazz techniques to express emotions through fluid, graceful movement.
Contemporary <i>Ages 13-18</i>	A blend of ballet, modern, and jazz, contemporary is all about freedom, fluidity, and expression. Dancers learn to move with both power and grace while telling stories through movement.
Hip Hop <i>Ages 6-10</i>	A high-energy street style that blends rhythm, freestyle, and powerful moves with musicality.
Acro <i>Ages 8-18</i>	Fuses dance technique with acrobatic skills for a style that's athletic, fluid, and expressive.
Jazz/Musical Theater <i>Ages 6-18</i>	Blends sharp, energetic movement with performance and storytelling style.