



Ability Based Leveling

In past seasons, class schedules and groupings were determined primarily by grade level.

While this helped with organizing classes by age, it didn't always ensure that dancers were placed where they could grow most effectively.

This year, we've shifted to **ability-based leveling** to better serve all of our dancers.

Here's why:

More Personalized Growth:

- Students develop skills at different rates.
- Ability-based leveling allows us to place dancers where they'll be challenged appropriately—without being overwhelmed or held back.

More Effective Instruction:

- Teaching becomes more focused and efficient when students in a class share similar technical foundations and readiness for specific skills.

Stronger Class Cohesion:

- Classes based on ability foster better teamwork, confidence, and camaraderie, as students are working toward similar goals at a similar pace.

Improved Performance Outcomes:

- When dancers are in the right level, their confidence and technical ability tend to grow faster—leading to stronger performances and a more fulfilling season.

Better Preparation for Productions:

- Especially for advanced tracks, ability-based groups allow us to tailor choreography and training that matches the group's readiness.

Sleeping Beauty Production Class Descriptions 2025-26



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Dance Class Descriptions

BALLET CLASSES

Ballet I Foundations Ages 7-9

An organized and traditional style of dance. Students will learn all the positions of the feet and arms, as well as other basic skills. Ballet is a technical style of dance that helps students learn control and grace needed to execute technical elements of all dance styles.

Focus: posture, turnout basics, port de bras, musicality, classroom etiquette

Footwear - Pink Ballet Slippers

Ballet II Primary Technique Ages 8-10

An organized and traditional style of dance. Students will learn all the positions of the feet and arms, as well as other basic skills. Ballet is a technical style of dance that helps students learn control and grace needed to execute technical elements of all dance styles.

Focus: correct alignment, demi-plié positions, basic barre, tendus, jetés, arabesque, balance

Footwear - Pink Ballet Slippers

Ballet III Beginner/ Intermediate Ages 9-11+

An organized and traditional style of dance. Students will learn all the positions of the feet and arms, as well as other basic skills. Ballet is a technical style of dance that helps students learn control and grace needed to execute technical elements of all dance styles.

Focus: full barre, center work, basic allegro, introduction to simple pirouettes

Footwear: Pink Ballet Slippers

Ballet IV Intermediate I Ages 10-13

A classical dance form characterized by grace and precision of movement. Ballet is considered the foundation of all dance. This class focuses on placement, ease of movement and musicality. Careful explanations of exercises and theory help students to use the ballet vocabulary in a simple, practical way. Exercises at the barre prepare for more complicated rhythms and combinations in the center.

Focus: classical barre, petit allegro, waltz turns, prep for pirouettes and adagio, pre-pointe readiness

Footwear: Pink Ballet Slippers

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Dance Class Descriptions

BALLET/TAP/JAZZ CLASSES

Ballet V
Intermediate II
Pre-Pointe
Ages 11-14+

A classical dance form characterized by grace and precision of movement. Ballet is considered the foundation of all dance. This class focuses on placement, ease of movement and musicality. Careful explanations of exercises and theory help students to use the ballet vocabulary in a simple, practical way. Exercises at the barre prepare for more complicated rhythms and combinations in the center.
Focus: strength building, sustained balances, developing artistry, pre-pointe or early pointe work (if eligible)
Footwear: Pink Ballet Slippers

Ballet VI/VII
Advanced I/II
Ages 13-17+

A classical dance form characterized by grace and precision of movement. Ballet is considered the foundation of all dance. This class focuses on placement, ease of movement and musicality. Careful explanations of exercises and theory help students to use the ballet vocabulary in a simple, practical way. Exercises at the barre prepare for more complicated rhythms and combinations in the center.
Focus: complex allegro, pirouettes from 5th, adagio with extensions, pointe technique for eligible students, variation work, fouettés, pas de deux prep (if applicable), performance-quality technique
Footwear: Pink Ballet Slippers

Tap II/Jazz II
Primary
Technique
Ages 8-10

During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography.
Focus: correct alignment, basic tap terminology, fundamental rhythm exercises, simple combinations
In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility.
Focus: proper alignment, basic jazz steps, isolations, simple jazz combinations, musicality
Footwear - Tan Tap Shoes & Tan Jazz Shoes



Dance Class Descriptions

CONTEMPORARY/ACRO JAZZ CLASSES

Contemp VI
Advanced I
Ages 13-17+

Contemporary blends creative dance and artistry with athletic technique found in Jazz or Ballet. Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles and fusion forms. These classes are for dancers who like creative challenges, connecting dance to other mediums, and physical challenges that require persistence and practice. Exercises focus on increasing flexibility and strength, total body connectivity, and creative problem solving.

Focus: technical mastery, expressive performance, complex choreography, improvisation, stage presence

Footwear: Barefoot

Acro Jazz V/VI
Intermediate II
Advanced I
Ages 11-16+

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

Focus: advanced acro tricks, aerial prep, power and control, theatricality, and performance skills, high-level flips, advanced balances, limbering, creative acro-jazz routines, stage presence

Footwear: Barefoot

