

RUSSIAN BALLET THEATRE SCHOOL

SYLLABUS DESCRIPTIONS, REQUIREMENTS AND DRESS CODES

- **Pre-Ballet Syllabus 4 – 7 years**

1 CLASS PER WEEK

No knowledge of ballet required. Focus is on paying attention and participating in a group setting while learning basic ballet terms, musical counts, body positions, stretching and simple steps to music. Dress Code: Girls: Hair secured away from face. Pink leotard, pink tights (or bare legs/anklets) soft pink ballet shoes. Boys: White T-Shirt, black tights, white socks, white ballet shoes.

- **Introductory Syllabus 7 – 8 ½ years**

1 CLASS PER WEEK

Limited or no knowledge of ballet required. Continuation of study as outlined above in Pre-Ballet Syllabus. Additional barre and floor exercises and stretches introduced, along with additional ballet terminology. Dress Code: Girls: Hair secured away from face. Black leotard, pink tights (or bare legs/anklets) soft pink canvas or leather ballet shoes, pale pink waistband. Boys: White T-Shirt, black tights, white socks, white canvas or leather ballet shoes.

- **Syllabus IA 8 ½ - 12 years**

1 CLASS PER WEEK

Serious training begins with this age group. Focus is on furthering knowledge and execution of individual steps as well as combinations of steps. Body positions, port de bras and strengthening of legs and feet are emphasized. Pre-pointe in soft shoes is introduced here and continued on pointe in Syllabus IIA. Dress Code: See Introductory Syllabus above.

- **Syllabus IIA 10 - 13 years** *INCL. BEGINNING POINTE. **2 CLASSES/WK REQUIRED**

TWO CLASSES PER WEEK REQUIRED. Continuation of study as outlined above with greater concentration on strengthening and stretching, and combining steps with simple jumps and turns. Introduce beginning pointe. Dress Code: See Syllabus IA. *Pointe shoes worn ONLY with Instructor's permission. Girls not yet on pointe will do point exercises in soft shoes on demi (half) pointe.

- **Syllabus IIIA 12 – 15 years**

***INCLUDES INTERMEDIATE POINTE.
2 CLASSES PER WEEK REQUIRED**

TWO CLASSES PER WEEK REQUIRED. Serious study continues with more elaborate head and arm movements, more intricate combinations and introduction to jumps with beats. Greater extension and flow of movement in longer combinations is stressed. Multiple turns are studied, and additional time is spent on pointe. Dress Code: See Syllabus IIA.

- **Adult Syllabus I/II 14 years – Adult**

***1 OR 2 CLASSES PER WEEK W/O POINTE.
2 CLASSES PER WEEK W/POINTE REQUIRED**

IF ELECTING BEGINNING POINTE, TWO CLASSES PER WEEK REQUIRED. Limited or no knowledge of ballet required. An excellent low-pressure opportunity to learn the real thing! Fundamentals of classical ballet are presented patiently and methodically and include Ballet terminology, body positions, basic steps and combinations of steps and simple jumps and turns. Proper posture, placement, strengthening and stretching are emphasized. Dress Code: Women: Hair secured. Leotard, black or pink tights, pink canvas or leather ballet shoes. Men: White T-Shirt, tights or close fitting attire, dance belt, black or white ballet shoes/white socks. * Pointe shoes worn ONLY with Instructor's permission. If not yet on pointe students will do pointe exercises in soft shoes on demi (half) pointe.

- **Intermediate 14 – Adult**

*** INTERMEDIATE LEVEL 2 CLASSES PER
WEEK REQUIRED WITH OR WITHOUT POINTE**

TWO CLASSES PER WEEK REQUIRED WITH OR WITHOUT POINTE. Serious study continues as outlined above with additional time devoted to more elaborate combinations, more intricate jumps and turns, as well as more time spent doing intermediate pointe work. Dress Code: See Syllabus I/II above. *Pointe shoes worn ONLY with Instructor's permission. If not yet on pointe students will do pointe exercises in soft shoes on demi (half) pointe.

- **Kirov/Bolshoi Stretch & Strengthen 14 years – Adult**

1 CLASS PER WEEK

Limited or no knowledge of ballet required. Continuation of Syllabus I/II training includes ballet barre warm up with a greater emphasis on core strength building and full body flexibility. Barre stretches and non-weight bearing floor stretches based on Bolshoi and Kirov schools. Dress Code: See Syllabus I/II above.

- **Private Lessons: Intermediate / Advanced 12 yrs – Adult**

BY APPOINTMENT

An excellent opportunity for extremely focused one-on-one tutelage. Every private lesson is prepared with particular attention to that student's specific needs in an area of individualized, appropriate study. Results are very quickly realized as an outcome of more intense and personalized instruction. By appointment only. See Ms Scharp.