



# THE BEGINNING YEARS

## Creative Dance (ages 3 -4)

There is nothing more natural for a young child than to dance. Creative Dance is a joyful and fun way to introduce young children to the many benefits of dance. Children learn Ballet, Tumbling, Tap and a little time for creative dance and expression plus classroom skills and, most of all, the joy of dance!

Attire: Ballet shoes, Tap shoes, leotard and tights.		
Creative Dance (ages 3-4)	Mon	3:15 - 4:00
Creative Dance (ages 3-4)	Wed	5:45 - 6:30
Creative Dance (ages 3-4)	Thur	10:00 - 10:45
Creative Dance (ages 3-4)	Fri	5:45 - 6:30
Creative Dance (ages 3-4)	Sat	10:00 - 10:45

## Music & Dance (age 5)

Enjoy Dance, Song and Music through rhythms and patterns with fun instruments as well as learning ballet technique and tap steps. Understanding the partnership between music and dance will benefit students for a lifetime of appreciation of the arts.

Attire: Ballet shoes, Tap shoes, leotard and tights.		
Music & Dance	Tues	3:15 - 4:00
Music & Dance	Tues	5:30 - 6:15
Music & Dance	Thurs	3:15 - 4:00
Music & Dance	Sat	9:15 - 10:00

## Pre-Ballet (ages 5 - 6)

For young dancers who wish to study ballet. This first year of ballet is what you may think of as a traditional ballet class and the first year of a ballet syllabus. This class is an hour long, set to classical music.

Attire: Ballet shoes, pink leotard and pink tights		
Pre-Ballet	Mon	3:15- 4:00
Pre-Ballet	Tues	3:15- 4:00
Pre-Ballet	Sat	10:00 - 10:45

## Art Start! (ages 3 -5)

Art Start is a compilation of dance, music, and art. Your child(ren) will learn about how to put body movement to music, what half notes, full notes, and rests are as well as much more! Art Start is designed to encourage children to engage in three different complimentary aspects of the arts with art, dance, and music.

Attire: Art friendly clothing, leotard, tights, and jazz shoes.		
Art Start!	Tues	9-11:30
Art Start!	Thurs	9-11:30

## Pre-Professional Ballet Program

Ballet 1	Tues	4:00 - 5:15
Ballet 1	Sat	9:00 - 10:15
Beginning Repertory (1+1B)	Sat	10:15 - 11:00
Ballet 1B	Wed	3:30 - 4:45
Ballet 1B	Sat	9:00 - 10:15
Ballet 2	Tues	5:15 - 6:45
Ballet 2	Fri	4:00 - 5:30
Intermediate Repertory (2+2B)	Fri	5:30 - 6:30
Ballet 2B	Wed	4:45 - 6:15
Ballet 2B	Fri	4:00 - 5:30
Pre-Pointe	Wed	6:15 - 7:00
Ballet 3/4	Mon	4:00 - 5:30
Ballet 3/4	Thur	4:00 - 5:30
Ballet 3/4	Sat	12:30 - 2:00
Beg. Pointe	Mon	5:30 - 6:15
Beg. Pointe	Thur	5:30 - 6:15
Advanced Repertory (B3+4)	Sat	2:00 - 3:00
Modern	Wed	4:00 - 5:00
Advanced Ballet	Mon	6:15 - 7:45
Advanced Ballet	Wed	6:45 - 8:15
Advanced Ballet	Sat	3:00 - 4:30
Pointe/Classical Variations	Mon	7:45 - 8:30
Advanced Pointe	Wed	8:15 - 9:00
PCYB Rehearsals	Sat	4:30 - 5:30

## PRE-PROFESSIONAL BALLET PROGRAM

Vaganova has come to define the Russian method of training dancers in ballet technique, while at the same time developing individual artistry through creative combinations of movement, musicality, and emphasis on upper body placement.

Vaganova's followers continue to refine the method she developed, focusing as she did, on the discipline, posture, alignment, flexibility, and strength required for Classical Ballet while keeping abreast of contemporary developments in choreography.


The Kirov and Bolshoi Schools, both of the great Russian schools, employ the Vaganova method. One only has to think of the quality and beauty of Russian ballet to understand that this method is clearly superior. Great dancers who were trained under this method include familiar stars such as Natalia Makarova and Mikhail Barishnikov, as well as countless soloists and principals in Russian and American companies and the unmatched corps de ballet dancers of the Kirov and Bolshoi ballets.

Whether you are studying ballet for pure enjoyment or are working towards a professional dancing career, you will find that this method will bring you the most success.

## Adult Classes

This class is for both teens and adults who have minimal to no background in dance as well as for students with a dance background who would like to maintain strength and flexibility. Each student will be challenged at their individual technique level.

Adult Ballet- Beginning	Tues	6:45 - 8:15
Adult Ballet- Beg/Int	Thurs	7:15 - 8:45
Adult Ballet- Int/Adv	Sat	1:30 - 3:00
Adult Pre-Pointe	Sat	12:45-1:30
Adult Tap	Wed	6:30 - 7:30

 <h1>2011-12 Dance Schedule</h1>																	
Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C
<b>Free Trial Class</b>			Try Art Start! We welcome ages 3-5yrs to dance, sing, & create! 9-11:30 on Tuesdays and Thursdays!						9-11:30 Art Start! ages 3-5	10 - 10:45 Creative Dance ages 3-4					9:00-10:15 Ballet 1/1B		9:15-10:00 Music & Dance age 5
															10:15- 11 Beg. Rep.	10 -10:45 Pre Ballet	10 - 10:45 Creative Dance ages 3-4
3:15- 4:00 Pre-Ballet		3:15- 4:00 Creative Dance ages 3-4	3:15- 4:00 Pre-Ballet		3:15- 4:00 Music & Dance age 5	3:30- 4:45 Ballet 1B					3:30- 4:15 Music & Dance age 5				11:00-12:30 Musical Theatre	11:00-12:00 Intro Tap/ Jazz	
4:00 - 5:30 Ballet 3/4	4:00- 5:00 Jazz 1		4:00- 5:15 Ballet 1	4:00 - 5:00 Jazz 2		4:45 - 6:15 Ballet 2B	4:00 - 5:00 Modern	4:30 - 5:30 Intro Jazz/ Hip Hop	4:00 - 5:30 Ballet 3/4	4:00 - 5:00 Adv. Jazz		4:00 - 5:30 Ballet 2/2B		4:30- 5:30 Intro Tap/ Jazz	12:30-2:00 Ballet 3/4	12:45-1:30 Adult Pre-Pointe	
5:30 - 6:15 Pointe		5:00 - 6:00 Beg. Tap	5:15 - 6:45 Ballet 2		5:30- 6:15 Music & Dance age 5	6:15 - 7:00 Pre-Pointe		5:45 - 6:30 Creative Dance ages 3-4	5:30 - 6:15 Pointe		5:00 - 6:00 Int. Tap	5:30 - 6:30 Int. Rep.		5:30 - 6:15 Creative Dance ages 3-4	2:00 - 3:00 Adv. Rep.	1:30 - 3:00 Int/Adv Adult Ballet	
6:15 - 7:45 Adv. Ballet			6:45 - 8:15 Beg Adult Ballet			7:00 - 8:15 Adv. Ballet		6:30 - 7:30 Adult Tap	6:15 - 7:15 Jazz 3						3:00 - 4:30 Adv. Ballet		
7:45 - 8:30 Variations/ Pointe						8:15 - 9:00 Adv. Pointe			7:15 - 8:45 Beg/Int Adult Ballet						4:30 - 5:30 PCYB Youth Company Rehearsals		

Please Call Us With Your Questions! 343-3914 More details at WWW.BNWA.NET