



Lebanon Ballet School

Home of City Center Ballet

CLASSES 2009-2010



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LEBANON BALLET SCHOOL CLASSES

CHILDREN'S DIVISION

Designed to develop the young dancer who is attending once weekly. Focus is on introducing the steps, positions, music and stories of classical ballet. Classes emphasize the development of body strength, coordination and the discipline necessary for learning classical ballet. Rhythm & Tap teaches the beginning tap steps as well as distinguishing and creating rhythmical patterns. Although we take our training seriously, we strive to create a nurturing, comfortable and non-competitive atmosphere. Payments are for the 12-week semester, due one week before each the semester begins. Students enrolling in a Discover Ballet class and the Rhythm & Tap class receive a 10 % DISCOUNT on the semester payments.

DISCOVER DANCE 1

Ages 3 & 4 (must be age 3 by September 1)
(choose one)

Tuesday: 1:30-2:15 pm
Thursday: 10:30-11:15 am
Saturday: 9:00-9:45 am

Attire: Ballet Pink leotard, with white ankle socks, pink leather ballet slippers

DISCOVER DANCE 2

Ages 4 & 5 (must be age 4 by September 1)
(choose one)

Wednesday: 4:00-4:45 pm
Thursday: 1:30-2:15 pm
Saturday: 9:45-10:30 am

Attire: Lavender leotard, with white ankle socks, pink leather ballet slippers

DISCOVER BALLET 1

Ages 5 & 6 (must be age 5 by September 1)
(choose one)

Tuesday: 4:00-4:45 pm
Saturday: 12:00-12:45 pm

Attire: Red leotard, with pink tights, pink leather ballet slippers

DISCOVER BALLET 2

Ages 7 - 9 (must be age 7 by September 1)
(choose one)

Thursday: 4:00-5:00 pm
Saturday: 12:45-1:45 pm

Attire: Royal blue leotard, with pink tights, pink leather ballet slippers

RHYTHM & TAP

Ages 6 - 9 (must be age 6 by September 1)
Saturday: 9:45-10:45 am

Attire: Red or royal blue leotard, tap shoes with white socks



STUDENT DIVISION

Classes range from Level I through IV. Students are to enroll in the required number of classes for each level. Classes are carefully graded by age, physical strength and development. Students are promoted according to their individual progress in acquiring technique and strength. Students concentrate on technique and developing artistry in a constructive and positive environment in which they can enjoy the art of ballet. Students in these levels have opportunities to perform with City Center Ballet.

Tuition payments are based on a point system and are due on or before the 23rd of each month.

BALLET I

(must be age 7 by September 1)

Required: two classes weekly

Attire: leotard (see below), pink tights, pink leather ballet slippers

Wednesday: 4:45-6:00 pm • 5 points
Light blue

Thursday: 4:00-5:15 pm • 5 points
Light blue

Saturday: 10:45-12:00 pm • 5 points
Navy

BALLET II

(must be age 10 by September 1)

Required: two classes weekly

Tuesday class includes pre-pointe

Attire: leotard (see below), pink tights, pink leather ballet slippers

Monday: 4:15-5:45 pm • 6 points
Sage

Tuesday: 4:45-6:45 pm • 8 points
Navy

Wednesday: 6:00-7:30 pm • 6 points
Black

Friday: 4:15-5:45 pm • 6 points
Sage

Saturday: 10:45-12:00 pm • 5 points
Navy

BALLET III

(must be age 12 by September 1)

Required: two classes weekly;
three for pointe

Monday and Tuesday classes include pointe
Attire: leotard (see below),

pink tights, pink leather ballet slippers

Monday 5:00-6:45 pm • 7 points
Royal blue

Tuesday: 4:45-6:30 pm • 7 points
Black

Thursday: 5:15-6:45 pm • 6 points
Navy

Friday: 5:45-7:15 pm • 6 points
Black

LEVEL III SPECIAL

Friday: 7:15-8:15 • 4 points

BALLET IV WITH POINTE

(must be age 13 by September 1)

Required: three classes weekly.

Attire: Leotard (see below), pink tights, pink, leather ballet slippers & pointe shoes.

Monday: 5:45-7:45 pm • 8 points
Black

Wednesday: 6:00-8:00 pm • 8 points
Red

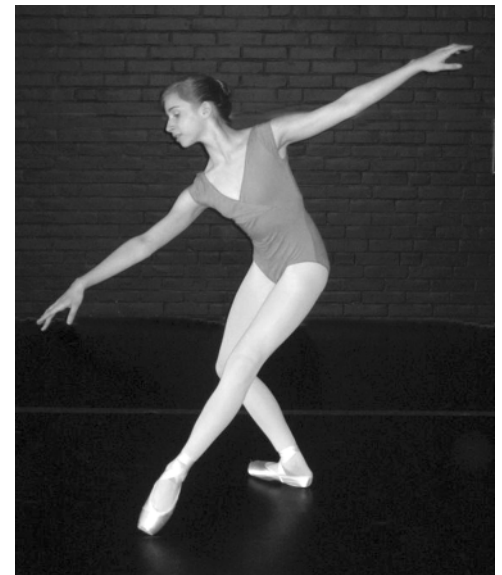
Thursday: 5:00-7:00 pm • 8 points

Black

Friday: 4:15-6:15 pm • 8 points

Turquoise

Saturday: 11:00-12:30 pm • 6 points
Purple



LEBANON BALLET SCHOOL CLASSES

SPECIALITY CLASSES

To enable ballet dancers to achieve their best potential in ballet classes or to improve physical fitness, LBS offers Speciality classes. Level Ballet I through Adults are welcome to enroll in classes at appropriate levels.

CHARACTER DANCE is integral to the training of ballet students. The stylized representation of traditional folk or national dances uses movements which have been adapted for ballet. **Character Dancing** incorporates the classical *epaulement* – moving of the shoulders and the use of the head, making the movements in ballet look more finished. *Attire: Leotard, Character shoes - tan or black and black skirt.*

CHARACTER DANCE 1

(must be age 8 by September 1)

Wednesday: 7:30-8:30 pm • 4 points

CHARACTER DANCE 2

(age 12 by September 1 or by permission)

Tuesday: 6:30-7:30 pm • 4 points



COMPOSITION introduces the creative process of movement. Students learn the arts of choreography and improvisation. They will develop the skills to manipulate space and time in relation to movement. They will explore different methods of generating and arranging movement to develop their own artistic choices. *Attire: Leotard of any color.*

(Ballet IV students or by permission)

Thursday: 7:15-8:15 pm • 4 points

FLOOR BARRE enhances students' body placement and alignment while contributing better control of the turn out along with increased flexibility and strength. *Attire: Leotard, socks, leggings or tights. Equipment: mat and theraband*

Monday: 4:15-5:00 pm • 3 points

Saturday: 9:00-9:45 pm • 3 points



JAZZ TECHNIQUE, terminology and movement are taught with an emphasis on proper execution of jazz isolations, rhythms and style. Movements are age-appropriate. *Attire: Leotard, jazz shoes - black or tan, black jazz pants, no pink tights.*

JAZZ I

(must be age 9 by September 1)

Thursday: 6:45-7:45 pm • 4 points

JAZZ II

(must be age 11 by September 1)

Monday: 7:00-8:00 pm • 4 points

JAZZ III

(age 13 by September 1 or by permission)

Tuesday: 7:30-8:30 pm • 4 points

MODERN MOVEMENT introduces students to different styles of both modern and contemporary choreography. *Attire: Leotard, leggings or footless tights.*

MODERN 1

(must be age 9 by September 1)

Wednesday: 4:00-5:00 • 4 points

MODERN 2

(must be age 11 by September 1)

Wednesday: 5:00-6:00 pm • 4 points

WORKSHOPS

Workshops for Ages 12 +

8 WEEKS

September 8 - October 27

BALLET

Thursday 7:45-8:45 pm

Ballet classes allow adults to experience the benefits of a dancer's well-toned, elegant-postured body with training in our fun, non-competitive ballet classes. *Attire: Leotard, tights and ballet slippers*

HIP HOP

Wednesday 8:00-9:00 pm

Hip Hop refers to dance styles, mainly street dance styles, primarily danced to hip hop music, or that have evolved as a part of the hip hop culture. *Attire: Tank top, baggy pants, clean-soled sneakers*

MIDDLE EASTERN DANCE

Tuesday 7:00-8:00 pm

Middle Eastern dance, also known as Raks Sharqi, helps students in cultivating perceptions of self and body. Classes develop physical skills to increase strength, flexibility, coordination and agility, and introduce basic hipwork, upper body isolations, and footwork. You will learn a dance routine that draws on the concepts and movement material already learned. *Attire: Yoga pants, capri, or leggings, T-shirt, tank top or sports bra, and barefeet*

MUSICAL THEATER

Saturday: 1:45-2:45 pm

Musical Theater is designed to teach the skills needed to cultivate the singer-dancer-actor for the musical theater stage. *Attire: Jazz pants and jazz shoe.*



About the School & Program

Lebanon Ballet School offers a formidable curriculum designed to expose students to the diverse world of dance. Our professional staff offers training both for the student preparing for a professional career and those who are studying ballet for its many other benefits.

All classes are carefully graded both for age and technical level, and each student is given individual attention to enable the student to reach his or her potential.

Whether you dream of a career in dance, seek an outlet for personal growth, or just want to have fun, Lebanon Ballet School has the right class for you.

We offer training for students in three Divisions for ages 3 to adult.

The Children's Division includes; Discover Dance, Discover Ballet, and Rhythm and Tap, allowing our younger students to explore the many physical, artistic, and creative skills inherent in learning dance. They are introduced to the fundamentals that provide students with a firm foundation while also inspiring a life-long love of dance.

The Student Division is a more rigorous course of study in graded technique classes, Ballet levels I - IV. Designed for upper level ballet students, attending two or more classes weekly, where attention to detail and artistry is of the utmost importance. Students training on pointe must attend class three times per week.

Speciality Classes are offered in Modern, Floor Barre,

Jazz, Character and Composition and enhance our students' training in addition to expanding their range of dancing ability.

Workshops in Musical Theater, Middle Eastern Dance, Ballet and Hip Hop are for ages 12 and older, from novice to professional.

The process of learning to dance is both an intellectual and physical accomplishment. Instruction is individualized to best encourage and facilitate each student's abilities. Advancement is based, not on length of study, but on technical accomplishment, artistic development, emotional maturity, personal work ethic and readiness for the challenge of the next level. The benefits of ballet training extend far beyond the mastery of steps and positions.

Classical ballet training develops:

- Beautifully-sculpted, strong, flexible bodies
- An appreciation for the arts – both as a performer and as an audience member
- The joy of expressing oneself through movement
- Dedication, determination, discipline, patience and attention to detail
- The ability to set and achieve goals

Lebanon Ballet School's approach to teaching is based on muscular physiology, use of energy, and utilizing concepts that work with each student's physique/natural aptitude for movement to strengthen bodies, minds and spirits.

LBS FACULTY

Linda Copp • *Director*

Discover Dance, Discover Ballet, Ballet, Pointe, Floor Barre

Jennifer Bergen • *Assistant Director*

Ballet, Pointe, Character Dance



Jennifer Armstrong

Modern, Floor Barre



Crissy Megli

Jazz, Hip Hop, Rhythm & Tap, Musical Theater

Ann Parson Justice

Ballet, Pointe

Maral Yessayan

Composition, Middle Eastern Dance, Modern

Gail Zimmerman

Discover Dance, Ballet, Character Dance

LBS CLASS PRICES

Discover Dance 1 & 2 and Discover Ballet 1 - \$185.00

Discover Ballet 2 and Rhythm & Tap - \$200.00

Workshops in Middle Eastern, Adult Ballet,
Hip Hop, Musical Theater - \$120.00 each

CALENDAR

FALL SEMESTER September 2 - December 2

Fall Workshop September 8 - October 27

Albany Berkshire Ballet –

The Nutcracker Audition October 4

City Center Ballet –

Grand Spectacle de Danse . . . November 12

The Nutcracker Performance December 2

WINTER SEMESTER December 9 - March 17

Winter Workshop January 11 - March 8

City Center Ballet, *Coppélia* March 27 & 28

SPRING SEMESTER March 24 - June 16

Spring Workshop April 5 - June 5

Lebanon Dance Festival May 15

LBS Annual Performance May 22

CLOSINGS

November 25, 26, 27 Thanksgiving Recess

December 23 – January 3 Holiday Recess

February 15 - 20 Winter Recess

April 19 - 24 Spring Recess

May 31 Memorial Day