

# LEBANON BALLET SCHOOL CLASSES

## CHILDREN'S DIVISION

Discover Dance 1 (Ages 3 & 4) and Discover Dance 2 (Ages 5 & 6) combines creativity and imagination with age appropriate ballet terminology, exercise, and discipline. Discover Ballet (Ages 7-9) develops flexibility and muscle strength, focus on posture and body placement, introduces ballet steps and terminology. Classes are 45 minutes and meet once per week. Payments are for a 12-week semester; due one week before the start of each semester.

### DISCOVER DANCE 1

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

Tuesday: 1:30-2:15 pm

Saturday: 9:00-9:45 am

*Attire: Ballet pink leotard, white ankle socks  
and pink leather ballet slippers.*

### DISCOVER DANCE 2

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

Thursday: 2:00-2:45 pm

Saturday: 9:45-10:30 am

*Attire: Lavender leotard, white ankle socks  
and pink leather ballet slippers.*

### DISCOVER BALLET

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

Wednesday: 4:15-5:00 pm

Saturday: 12:00-12:45 am

*Attire: Red leotard, pink tights and pink  
leather ballet slippers.*

## STUDENT DIVISION

Ballet Levels I through IV provide the core of ballet training for students (Ages 8 to pre-professional) To ensure each student receives the best level of instruction, classes are carefully graded by age, physical strength, and development. Students are promoted according to their individual progress in learning technique and acquiring strength. Each level encourages a dancer's development by increasing the number of classes per week and expanding their knowledge of technique and artistry.

Students at ages 10 & up are evaluated for correct body position and alignment, sufficient turnout, strength, balance, and mastery of basic technique to determine their readiness for pointe. To meet the demands of pointe work, maintain proper alignment, flexibility and coordination – it is mandatory to attend ballet technique class 3 times per week.

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

*Attire: Leotard (color as shown below), pink tights and pink leather ballet slipper.*

✪ - indicates a Class that includes Pointe

### BALLET I

Ages 8 & up (must be age 8 by Sept. 1)

**Required: two classes weekly**

Tues: 4:15-5:30 pm - 5 points

Light Blue

Sat: 10:45 am-12:00 pm - 5 points

Navy

### BALLET II

Ages 10 & up (must be age 10 by Sept. 1)

**Required: two classes weekly**

**three classes weekly for Fri's Pointe**

Mon: 4:15-5:45 pm - 6 points

Navy

Wed: 5:00-6:30 pm - 6 points

Navy

✪ Fri: 4:15-5:45 pm - 6 points ✪

Black

### BALLET III

Ages: 12 & up (must be age 12 by Sept. 1)

**Required: three classes weekly**

✪ Mon: 5:15-7:15 pm - 8 points ✪

Royal blue

✪ Wed: 5:45-7:45 pm - 8 points ✪

Black

Thurs: 4:15-6:15 pm - 8 points

Royal Blue

✪ Fri: 4:30-6:30 pm - 8 points ✪

Purple

Sat: 10:45 am-12:15 pm - 6 points

Black

### BALLET IV

Ages: 14 & up (Or by invitation only)  
(must be age 14 by Sept. 1)

**Required: four classes weekly**

Mon: 5:45-7:15 pm - 6 points

Black

Tues: 5:45-7:45 pm - 8 points

Red

Thurs: 5:15-6:45 pm - 6 points

Black

Fri: 4:30-6:30 pm - 8 points

Purple

Sat: 10:45 am-12:15 pm - 6 points

Black

# LEBANON BALLET SCHOOL CLASSES

## SPECIALITY CLASSES

### ADULT CLASSES

Adult ballet class is a great way to tone and tighten your body while having fun learning the fundamental techniques of ballet in a non-competitive atmosphere.

*Attire: Wear something that allows you to move freely, a T-shirt and sweatpants; or tights and a leotard.*

Tue: 6:00-7:15 pm - 5 points

Thur: 6:15-7:30 pm - 5 points

Sat: 9:15-10:30 am - 5 points

### CHOREOGRAPHY

Students will explore the elements of movement, composition, shape and design. Preparation for works performed in Studio Showcases and by City Center Ballet will be taught and rehearsed.

*Attire: Ballet class attire.*

For Level III & IV dancers only.

Fri: 6:30-7:30 pm - 4 points

Sat: 12:30 am-2:00 pm - 6 points

### FLOOR BARRE

Floor Barre is based on the theory that without the pull of gravity, students are better able to learn movements and correct alignment. Students refine their technique, lengthen and strengthen their bodies, and increase their turnout and extension. Floor barre is beneficial for non-dancers too.

*Attire: Leotard, socks, leggings or tights.*

*Equipment: mat and theraband.*

For Ages 8 and up.

Mon: 4:15-5:00 pm - 3 points

### JAZZ

Jazz technique, terminology and movement are taught with an emphasis on proper execution of isolations, rhythms and style.

Movements are age appropriate.

*Attire: Leotard, jazz shoes - black or tan ,and black jazz pants.*

### JAZZ LEVEL I

For Ages 9 and up.

Thur: 4:15-5:15 pm - 4 points

### JAZZ LEVEL II

For Ages 13 and up.

Wed: 4:15-5:30 pm - 5 points

### MODERN

Modern dance introduces students to different styles of contemporary movement through the use of their body weight and gravity.

*Attire: Leotard, leggings or footless tights.*

### MODERN

For Ages 13 and up.

Tue: 4:15-5:30 pm - 5 points

### VARIATIONS

Students learn the original classical variations from choreographers of the past. Studying variations challenges a student to integrate their technical and artistic abilities learned in Ballet class.

Students will have the opportunity to perform in LBS Studio Showcases.

*Attire: Ballet class attire.*

For Level III dancers only.

Mon: 7:15-8:15 pm - 4 points

For Level IV dancers only.

Mon: 7:15-8:15 pm - 4 points

Thurs: 6:45-7:45 pm - 4 points

## MONTHLY

### BALLET STORIES

Ballet Stories are a perfect way to introduce children to the magic and fun of ballet as they explore a classical ballet through the characters, storyline, music and mime. Each program begins with the movements of a pre-ballet class followed by the reading of a ballet story. The stories will come alive with the children's own creativity and movement to music. No prior ballet training or audition is necessary. Parents and care givers are invited to attend.

*Attire: Ballet attire is encouraged, including tutus! Bare feet are preferred.*

For Ages 3-5

2nd Wed of each month

10:30-11:15 am - Free

### CHARACTER DANCING

Character dance is integral to much of the classical ballet repertoire. Popular character dance adaptations for ballet include the national dances of Hungary, Russia, Poland, Italy and Spain.

*Attire: Leotard, Character shoes -tan or black and black skirt.*

For Ballet I-IV Dancers

Monthly

Day and Time TBA

### COMPOSITION

Composition introduces the creative process of movement. Students learn the arts of choreography and improvisation.

*Attire: Leotard of any color.*

For Ballet I-IV Dancers

Monthly

Day and Time TBA



# About the School & Program



For over 26 years Lebanon Ballet School upheld a tradition of excellence in teaching ballet in the Upper Valley. Following the 300 year old ballet traditions, we provide a disciplined, nurturing environment in which to study. Our curriculum is designed to offer professional ballet training for those who wish to pursue ballet as a career, but more importantly, to offer the beauty of classical ballet to all students and teach them skills that will enrich their daily lives. Our goal is to develop the individual student to the best of their ability while enhancing their joy in movement. All students are exposed to the intellectual, emotional, physical and visual aspects of dance. Lebanon Ballet School (LBS) teaching methods and philosophies promote an approach based on work ethic, respect, support and professionalism which requires a positive attitude and the patience to experience results.

LBS offers a consistent curriculum taught by a dedicated, experienced and caring staff for ages 3 to pre-professional students. The program, which incorporates French and Russian techniques, develops flexibility, coordination, increases memory and promotes physical fitness. The

curriculum includes training in classical ballet (technique, pointe, variations, boys' classes), as well as jazz, modern, choreography and floor barre.

To enhance our students' training and expands their range of ability that prepare dancers for the versatility required by today's diverse dance world, Guest Teachers, Speciality Classes and monthly Workshops are also offered.

Registration for the 2010-11 year has begun, and admission into the program is done on a first-come first-serve basis. Age requirements are based on Sept 1, i.e., if the requirement is 3 yrs old then the student must be 3 years old on or before that date. This allows the students to continue their ballet training with the same peer group. Placement is subject to change at the discretion of the staff.

The Open Class Program in beginning, intermediate, and advanced ballet and Floor barre are geared for dancers, ages 12 and older. Students can be attended on a drop-in basis. These courses are intended for any student who wishes dance instruction and the many benefits of ballet but is not ready for, or able to make the commitment to, the full ballet concentration.

## LBS FACULTY

Linda Copp • *Director*

Discover Dance, Discover Ballet, Ballet, Floor Barre

Jennifer Henderson • *Assistant Director*

Ballet, Variations, Choreography

Thérèse Debrenne

Ballet, Variations, Composition

Emily Higgins

Beginning Jazz

Ann Parson Justice

Ballet, Variations

Bryan Lewis

Ballet, Variations, Choreography, Boys' Class

Crissy Megli

Advanced Jazz

Kimberly Russell

Modern

Gail Zimmerman

Discover Dance, Ballet, Character Dance

## CALENDAR

### Sept 1 - Nov 23 ..... Fall Semester

Sept 6 ..... Labor Day - Closed

Sept 25 ..... CCB Open Studio Showcase

Oct 11 ..... Columbus Day - Closed

Nov 11 ..... Veterans Day - Closed

Nov 24-28 ..... Thanksgiving Break - Closed

### Nov 29 - Mar 12 ..... Winter Semester

Dec 11 ..... CCB Nutcracker Performance

Dec 22 - Jan 2 ..... Holiday Break - Closed

Jan 15 ..... CCB Open Studio Showcase

Jan 17 ..... MLK Day - Closed

Feb 14-20 ..... Winter Break - Closed

March 11-13 ..... City Center Ballet *Coppélia*

### Mar 14 - Jun 11 ..... Spring Semester

April 18-24 ..... Spring Break - Closed

May 7 ..... 2nd Lebanon Dance Festival

May 21 ..... 27th Annual School Performance

May 30 ..... Memorial Day - Closed