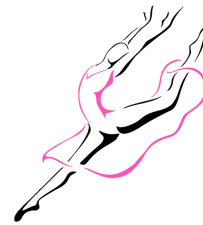




Soul 2 Sole

Ballet Syllabus



BALLET DESCRIPTION

- Students will learn classical ballet techniques, terminology, and fundamentals such as positions of feet and arms, body alignment, and placement.
- Classes cover barre work, stretching, center floor exercises, and across-the-floor combinations
- Our curriculum blends the Vaganova and Cecchetti methods, advancing in complexity as students progress through levels.
- Ballet forms the essential foundation for all dance styles, enhancing success across disciplines

CLASS OBJECTIVES

- Teach and reinforce classical ballet techniques
- Improve strength, flexibility, balance, and coordination through structured exercises
- Foster artistic expression and musicality by learning choreography and developing interpretive skills.
- Educate students on the history and traditions of ballet
- Encourage teamwork and mutual respect among dancers
- Enhance discipline, perseverance, and self-confidence
- Instill values such as dedication, time management, and resilience that translate beyond the dance studio.

BENEFITS

- Physical Fitness
- Posture and Alignment & Muscle Tone
- Discipline
- Artistic Expression.
- Mental Benefits & Emotional Well-being
- Social Skills
- Cultural Appreciation

DRESS CODE

- Any color & style leotard
- Capezio Hanami Canvas ballet shoe
- Convertible tights, shorts/skirt
- Hair off the face

COMMUNICATION

- BAND APP -
 - Info and files
 - photos & videos



WHAT OUR YEAR LOOKS LIKE

- Season runs from Sept. through May
- Tuition is processed in 9 monthly installments
- Costume fee: \$50 due Oct 15. remained of balance due Jan. 1
- Membership fee applies to the WHOLE family for the WHOLE season!
- Every class students will be learning 3 new steps and continuing to review and master previously learned steps.
- Attendance is crucial to success and quality of class
 - Every 4-5 weeks based on the calendar, students will be assessed on the skills/steps that were taught and sent home
- We will perform a short dance in our **WINTER SHOWCASE** that is scheduled in December 2024.
 - Costumes are low key for this performance, and usually items that can be found in a closet or purchased inexpensively
- We will also perform one piece in our **END OF YEAR RECITAL**. The dates are still TBD, but please plan on the 2nd or 3rd week of May.
- In April we will have a costume pick up week, picture week, and a stage rehearsal.
- Dancers & Parents must be respectful to all dancers, teachers, & faculty both inside and outside the studio. This includes in person and social media

STUDIO CONTACT

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