

## SEPTEMBER: AGES 2-3 MONTHLY SNAPSHOTS

| MY DANCE DEBUT  | TINKER BELL<br>TUMBLE   | TIP TAP TOES   | JAZZY JUNGLE JAMS  |  |
|---|---|--|--|--|
| <p><b>OBJECTIVE</b><br/>Familiarize with foundational ballet terms (plie, tendu, releve) Learn the first two positions (1st and 2nd). Work on traveling across the floor, waiting turns, and circle time. Begin working on balance in the center.</p> <p><b>CLASS OVERVIEW</b><br/>Plies in 1st and 2nd Releves in 1st and 2nd Tendu devant Sautes in 1st Bourree turns in center Passe (balance) Releve walks across the floor Cursty<br/><b>We will be following the confetti circle "Wickedly Enchanted" Ballet Theme for October!</b></p> | <p><b>OBJECTIVE</b><br/>Familiarize with basic tumbling movements - Begin moderate strengthening exercises. Begin moderate stretching exercises. Familiarize with tumble apparatus (balance beam and bar)</p> <p><b>CLASS OVERVIEW</b><br/>Jumps in parallel and jumping jacks, Hops on one foot, Pike stretch, Butterfly stretch, Bear crawls, Frog jumps, Balance beam, walks Hanging off bar, bridge, crab walks, introducing handstands on wall</p> | <p><b>OBJECTIVE</b><br/>Familiarize with the parts of the tap shoe (tap, heel, and toe), Master quiet taps, Familiarize with volumes of tapping (loud and soft) Introduce moving through space while incorporating tap technique, working on weight exchange,</p> <p><b>CLASS OVERVIEW</b><br/>Identify parts of shoe (tap, heel, toe) marching, traveling on tip-toes Quiet taps (still) Loud and soft tapping Tapping the tap, heel, and toe Marching across the floor Jumping across the floor,</p> | <p><b>OBJECTIVE</b><br/>Familiarize with basic jazz terminology (parallel, plie, releve), Begin work on isolations, Familiarize with traveling across the floor, Begin work on balance, going across the floor, isolations</p> <p><b>CLASS OVERVIEW</b><br/>Jumps in parallel and jumping jacks Isolations (head and shoulders Butterfly stretch Pike Stretch Jumps (bunny hops) across the floor Gallops across the floor Toe taps in center (for balance) Passe balance in center, isolations include head, shoulders, hips.</p> |  |

# OCTOBER: AGES 4-6 MONTHLY SNAPSHOTS

| FAIRYLAND<br>BALLET  | WORLD TOUR<br>TUMBLE   | SPECTACULAR OF<br>SOUNDS  | JAZZTASTIC   |  |
|--|--|---|--|--|
| <p><b>OBJECTIVE</b><br/>Executing physically and verbally foundational ballet terms (plie, tendu, releve, saute, passe, echappe, arabesque), Learn 1, 2, 5th with feet, learn 1st-5th with arms. Traveling across the floor. Working on balance in the center and working through technique</p> <p><b>CLASS OVERVIEW</b><br/>Plies in 1st and 2nd, 5th, Releves in 1st, 2nd, 5th with balancing, Tendu devant, ala seconde, and derriere. Sautes in 1st and 2nd Bourree turns in center Passe (balance) Releve walks across the floor, pique passe, flamingo walks.<br/><b>We will be following the confetti circle "Wickedly Enchanted" Ballet Theme for October!</b></p> | <p><b>OBJECTIVE</b><br/>Basic tumbling movements, Begin moderate strengthening exercises, Begin moderate stretching exercises, Familiarize with tumble apparatus (balance beam and bar)</p> <p><b>CLASS OVERVIEW</b><br/>Jumping jacks, tuck jumps, donkey kicks, Pike stretch with pointed and flexed feet Straddle stretch (right, left, and center) Bear crawls (with straight arms and legs) Frog jumps (for height) forward rolls correct head tuck, cartwheels, Balance beam walks with pointed feet, releve, reverse. Wall strengthening handstands, bridges, superwoman stretch.</p> | <p><b>OBJECTIVE</b><br/>Master quiet taps. Familiarize with volumes of tapping (loud and soft)</p> <p><b>CLASS OVERVIEW</b><br/>Marching, Jumping in place Quiet taps (still) Loud and soft. Ball, Heel (dig), toe (tap to back) Shuffle Heel-toes in center. Tap obstacle course for balance and weight exchange. Including hopping on one foot, including heel, tow, hop.</p> | <p><b>OBJECTIVE</b><br/>Familiarize with basic jazz terminology (parallel, plie, releve, battement, passe, saut de chat), Isolations set warm-up, Familiarize with traveling across the floor</p> <p><b>CLASS OVERVIEW</b><br/>Jumps in parallel, jumping jacks, hops on one foot Isolations (head, shoulders, hips, circles of arms) Butterfly stretch Straddle stretch (right, left, center) Jumps across the floor-Gallops, skips, chasse, saut de chat. Across the floor work-passe releve, scorpion introduction, knee bounces, jump and clap, needle intro, heel stretch</p> |  |