

SCENIC CITY DANCE

Ballet Curriculum *Guide*

2026-2027 Season

Quality over quantity. Mastery before advancement. Strength, placement, and artistry before difficulty.

WELCOME

A Letter to Our *Dance Families*

We are thrilled to share the framework guiding your dancer's training this season. Our ballet curriculum at Scenic City Dance is built on the same progressive standards and philosophy championed by American Ballet Theatre, adapted thoughtfully for dancers training one to two days per week.

Our commitment is to the long-term health, artistry, and technical success of every student. That means we prioritize correct placement, musical sensitivity, and intelligent progression, not the quantity of tricks. We believe this approach builds dancers who are confident, disciplined, and genuinely prepared for wherever dance takes them.

Inspired by American Ballet Theatre

Our curriculum framework reflects the standards and progression philosophy of one of the world's premier ballet companies, adapted specifically for the Scenic City Dance community.

OUR FOUNDATION

Curriculum *Philosophy*

01 Placement First — Correct placement is established before difficulty is introduced. Strong foundations protect dancers for life.

02 Musicality — Musical sensitivity is cultivated from the very first class and is never an afterthought.

03 Safe Turnout — Turnout is developed properly from the hips. It is never forced, protecting joints at every stage.

04 Artistry — Technical training and artistic confidence grow together. We develop the whole dancer.

05 Safe Progression — Advancement is based on strength and alignment, never age alone. Every step forward is earned.

06 Character — Discipline, focus, and professionalism are taught alongside every tendu. We develop outstanding people.

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The biggest differentiator will be consistency of placement, artistry training, disciplined execution, and intelligent progression — not quantity of tricks.

SCENIC CITY DANCE — BALLET PROGRAM VISION

PROGRAM OVERVIEW

Level *Structure*

Our program progresses through 6 carefully sequenced levels, each building on the last with age-appropriate goals and training frequency.

LEVEL	APPROX. AGE	PRIMARY FOCUS
Primary Ballet	5 – 6	Introduction + creative structure
Level 1	7 – 8	Basic positions + coordination
Level 2	8 – 10	Foundational technique + vocabulary
Level 3	10 – 12	Strength + transitional classical training
Level 4	12 – 14	Intermediate artistry + technical control
Level 5	14+	Advanced non-pointe classical training

LEVEL DETAILS

What Your Dancer *Will Learn*

AGES 5–6 ·

Primary Ballet

Introduction to ballet + creative movement

POSITIONS	1st position feet Parallel position Preparatory arms 1st & 2nd arms
BASIC SKILLS	Pliés, Tendus, Relevés, Sautés Chassé introduction Port de bras basics Balance on one foot
ARTISTRY GOALS	Storytelling through movement Expression through arms & facial engagement Confidence performing alone and in groups
KNOWLEDGE	Recognize 5 basic positions Stage directions Simple French terminology

AGES 7–8 ·

Level 1

Foundational placement + classroom discipline

BARRE SKILLS	Demi plié in 1st/2nd Tendu devant/à la seconde/derrière Dégagé introduction Relevé balance Rond de jambe prep
CENTER + JUMPS	Chassé, Sauté in 1st/2nd Waltz steps, Polka basics Quarter turns, Spotting introduction
VOCABULARY TO KNOW	Plié, tendu, relevé, sauté, chassé, arabesque, passé

AGES 8–10 ·

Level 2

Classical precision + pirouette preparation

BARRE SKILLS	Grand plié introduction Développé intro, Adagio control Understanding and maintenance of basic turnout Stronger execution of plié, tendu, dégagé, and rond de jambe
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	<p>Increased foot articulation and pointed feet Introduction to controlled use of demi-pointe Improved coordination of arms and legs during exercises</p>
CENTER + ALLEGRO	<p>Waltz turns, Balancé, Temps lié Glissade, Assemblé, Jeté Passé balance, Quarter/half turns Basic directional awareness and classroom spacing Improved coordination between upper and lower body Introduction to movement transitions between steps Understanding of timing and musical counts</p>
CONDITIONING	<p>Theraband foot strengthening Core stabilization exercises Flexibility protocol</p>

AGES 10–12 ·

Level 3 & Junior Company

Intermediate classical transition

DEVELOPMENT	<p>Pirouette prep from 4th position Single pirouettes Spotting consistency Improved posture and placement at the barre Consistent turnout awareness Stronger control through tendu and dégagé exercises Introduction to increased speed in footwork Proper articulation through feet and ankle Coordinated port de bras during barre combination Increased balance and stability in relevé Greater understanding of alignment and weight placement</p>
CENTER	<p>Sissonne, Changements Entrechat prep, Jeté ordinaire Pas de bourrée variations Ability to retain longer center combinations Improved coordination between arms and legs Basic directional changes in center combinations Increased confidence dancing away from the barre Improved timing and musical awareness Stronger balance and control in center exercises Transitional movement quality between steps Clean single pirouette preparation Introduction to single pirouettes en dehors Spotting technique development Chaîné turns across the floor Introduction to piqué turns Clear execution of glissade, jeté, assemblé combinations</p>

	<p>Improved foot speed and coordination Stronger push through feet during jumps Increased jump height and landing control</p>
<p>ARTISTRY GOALS+ TECHNICAL REFINEMENT</p>	<p>Musical phrasing, Movement intention Refinement of port de bras Understanding style differences Consistent pointed feet and stretched knees Improved body alignment and posture Increased awareness of épaulement Coordination of head, arms, and body positions Ability to apply corrections within combinations Improved movement clarity and precision Introduction to movement dynamics and texture</p>

AGES 12–14 ·

Level 4 & Teen Company

Intermediate artistry + technical control

<p>TURN DEVELOPMENT</p>	<p>Single pirouettes consistently Double pirouette prep Pirouette en dehors/en dedans</p>
<p>ADAGIO + ALLEGRO</p>	<p>Extension control, Penché introduction Arabesque line development Saut de chat, Brisé Clear foot articulation in fast combinations Petit allegro with directional changes Assemblé, jeté, glissade combinations with speed Increased coordination and timing Improved jump rebound and quickness off the floor Strengthened ballon and elevation quality Maintenance of turnout during allegro sequences Grand jeté with increased height and extension Saut de chat preparation and progression Traveling waltz turn combinations Introduction to tour jeté mechanics Dynamic movement across the floor Sustained balances in center Développé control and placement Arabesque line refinement Introduction to penché mechanics Controlled promenades in retiré and arabesque</p>
<p>REQUIRED KNOWLEDGE</p>	<p>Ballet companies & choreographers Classical ballet repertoire introduction Cross-training education</p>

AGES 14+

Level 5 & Senior Company

Advanced non-pointe classical training

ADVANCED SKILLS	Triple pirouette preparation and execution Pirouettes from multiple entrances (4th, 5th, coupe, a la seconde prep) Controlled attitude turns Saut de chat, Tour jeté prep Advanced batterie prep, Dynamic elevation Advanced batterie combinations Entrechat quatre and royal combinations Beaten changements with clarity Rapid footwork with precision and articulation Complex petit allegro directional changes Ballon and suspended elevation quality Speed retention without loss of placement Tour jeté progressions Grand jeté with dynamic traveling power Sustained développé control above 90° Penché with alignment and control Controlled promenade in arabesque and attitude Advanced balance sequences in center Fluid transitions through adagio phrases Upper body coordination and épaulement refinement Extension with maintained turnout and placement
CONDITIONING REQUIRED	Core training, Mobility work Foot/ankle strengthening, Recovery education
PREPARES DANCERS FOR	Collegiate dance programs Conventions & competitions Teaching assistant pathways, Advanced performance

ASSESSMENT

Exam *Schedule*

Exams allow our faculty to track progress, celebrate growth, and identify areas for focused improvement. All levels are assessed at four key points throughout the year.

#	WHEN	ASSESSMENT
01	Aug – Sep	Placement & baseline evaluation. Faculty assess each dancer's starting point for the season.

#	WHEN	ASSESSMENT
02	Dec – Jan	Mid-year exam. Written and technical components reviewed by teacher panel.
03	March	Skill checkpoint. Focused assessment of flexibility, turns, jumps, and terminology.
04	May	Final examination. Full barre, center, allegro, artistry evaluation, and written theory test for Int/Adv Levels

HOW WE SCORE

Evaluation *Rubric*

Every exam scores six categories, reflecting our belief that a complete dancer is technical, musical, artistic, and professional.

25% PLACEMENT	25% EXECUTION	15% ARTISTRY	15% MUSICALITY	10% RETENTION	10% PROFESSIONALISM
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LEVEL ADVANCEMENT

Advancement *Requirements*

Dancers do not advance solely based on age. Level placement reflects readiness across all dimensions of development — this protects both the dancer and the integrity of the program.

◆ Technical Readiness	◆ Physical Strength
◆ Choreography Retention	◆ Emotional Maturity
◆ Attendance & Consistency	◆ Classroom Discipline
◆ Artistry Development	◆ Performance Readiness

STUDIO STANDARDS

Dress Code & *Classroom Expectations*

PRIMARY – LEVEL 2

- Classical Ballet Bun/No Jewelry
- Pink tights + Ballet Leotard
- Canvas ballet shoes
- Alignment belt in assigned color.

LEVELS 3 – 5

- Classical Ballet Bun/No Jewelry
- Ballet Leotard + Alignment belt
- Canvas ballet shoes + Pink tights
- Strong emphasis on presentation
- Professionalism in all studio conduct

ALIGNMENT BELTS

Supporting Proper Placement

Beginning in Season 16, ballet students will be assigned an official Scenic City Dance alignment belt based on their ballet level.

Alignment belts are an important educational tool used in ballet training to help dancers visually understand and maintain proper placement throughout class. When worn correctly at the natural waistline, these belts assist instructors in identifying:

- Hip alignment
- Core engagement
- Pelvic placement
- Turnout positioning
- Weight distribution
- Overall body awareness

For dancers, the alignment belt becomes a consistent reminder to lift through the core, maintain posture, and develop stronger technical habits.

Each ballet level at Scenic City Dance will have an assigned belt color to help create visual consistency within the classroom while also reinforcing progression throughout the program.

Belt Color Assignments

- Primary Ballet — White
- Level 1 — Light Pink
- Level 2 — Light Yellow
- Level 3 — Purple
- Level 4 — Teal
- Level 5 — Green
- Junior Company — Dark Pink
- Teen Company — Blue
- Senior Company — Red

Official Scenic City Dance alignment belts will be available for purchase directly through the studio during Week 1 of classes.

All Dancers Are Taught

Reverence etiquette · How to receive corrections · Professional conduct · Self-discipline · Respect for faculty & peers

PROGRAM EXCELLENCE

What Makes SCD *Elite*

These enrichments set Scenic City Dance apart and deepen every dancer's connection to their training.

Ballet Journals — Dancers track corrections, vocabulary, goals, and reflections — building self-awareness and ownership of their progress.

Seasonal Intensives — Focused workshops throughout the year dedicated to turns, jumps, artistry, and conditioning.

Parent Observation Weeks — Families observe class to better understand their dancer's progression and the vocabulary of ballet training.

Cross-Training Integration — Levels 3–5 incorporate Pilates, Progressing Ballet Technique, conditioning, and mobility work for injury prevention.

Faculty Calibration — Teachers meet each semester to align on terminology, correction language, and progression — ensuring consistency across all classes.

Scenic City Dance

Ballet Curriculum Guide · 2024–2025 Season · Inspired by the standards of American Ballet Theatre