

SEPTEMBER: AGES 2-3 MONTHLY SNAPSHOTS

MY DANCE DEBUT	TINKER BELL TUMBLE	TIP TAP TOES	JAZZY JUNGLE JAMS	
<p>OBJECTIVE 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>CLASS OVERVIEW 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 <i>Enchanted Ballet-The Princess and the Frog</i></p>	<p>OBJECTIVE Familiarize with basic tumbling movements - Begin moderate strengthening exercises. Begin moderate stretching exercises. Familiarize with tumble apparatus (balance beam and bar)</p> <p>CLASS OVERVIEW Jumps in parallel and jumping jacks, Hops on one foot, Pike stretch, Butterfly stretch, Bear crawls, Frog jumps, Balance beam, walks Hanging off bar</p>	<p>OBJECTIVE Familiarize with the parts of the tap shoe (tap, heel, and toe), Master quiet taps, Familiarize with volumes of tapping (loud and soft)</p> <p>CLASS OVERVIEW Identify parts of shoe (tap, heel, toe) Marching in place Jumping in place Quiet taps (still) Loud and soft tapping Tapping the tap, heel, and toe Marching across the floor Jumping across the floor</p>	<p>OBJECTIVE Familiarize with basic jazz terminology (parallel, plie, releve), Begin work on isolations, Familiarize with traveling across the floor, Begin work on balance</p> <p>CLASS OVERVIEW 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</p>	

SEPTEMBER: AGES 4-6 MONTHLY SNAPSHOTS

FAIRYLAND BALLET	WORLD TOUR TUMBLE	SPECTACULAR OF SOUNDS	JAZZTASTIC	
<p>OBJECTIVE Executing physically and verbally foundational ballet terms (plie, tendu, releve, saute, passe, echappe, arabesque), Learn the first two positions (1st and 2nd), Learn arms 1st, 2nd, 3rd. Traveling across the floor. Working on balance in the center</p> <p>CLASS OVERVIEW Plies in 1st and 2nd Releves in 1st and 2nd with balancing, Tendu devant, ala seconde, and derriere. Sautes in 1st and 2nd Bourree turns in center Passe (balance) Releve walks across the floor Enchanted Ballet-The Princess and the Frog</p>	<p>OBJECTIVE Basic tumbling movements, Begin moderate strengthening exercises, Begin moderate stretching exercises, Familiarize with tumble apparatus (balance beam and bar)</p> <p>CLASS OVERVIEW 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>OBJECTIVE Master quiet taps. Familiarize with volumes of tapping (loud and soft)</p> <p>CLASS OVERVIEW Identify parts of shoe (tap, heel, toe) 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.</p>	<p>OBJECTIVE Familiarize with basic jazz terminology (parallel, plie, releve, battement, passe, saut de chat), Isolations set warm-up, Familiarize with traveling across the floor, Begin work on balance</p> <p>CLASS OVERVIEW 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. Center work-passe releve, scorpion introduction, knee bounces, jump and clap</p>	