

BALLET FOR SENIORS

Monday 11:30 AM – 12:30 PM

Discover your inner swan! This is an age appropriate and fun class covering the basics of ballet. Ballet promotes strength, balance and flexibility all of which are vital in avoiding frailty.

DRESS CODE Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400|RD013401

TEEN / ADULT BEGINNING BALLET

Tuesdays 7:30-9:00 PM

This class is for anyone who has never danced, or who used to dance years ago. Ballet promotes strength, balance, and flexibility while allowing you to explore your artistic side!

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INTRODUCTION TO DANCE

Intro to Dance I 3-6 year olds Monday 6:00 - 7:00 PM

4-6 years old Wednesday 5:00 - 6:00 PM

This program is perfect for parents who want their little ones (3-6 yr olds) to develop confidence, coordination and friendships in a fun and supportive environment. This class is a combination of ballet and creative movement introducing the fundamentals of dance in engaging, creative and imaginative ways through the use of music, props and role playing. Each lesson is designed with structured activity that nurtures your child's physical and emotional development. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: Revolution Camisole Dress RD20019 Lilac

Footed Tights: Revolution Color-Flow Footed Tights RD700003 Classic Pink

Ballet Shoes: Revolution Stretch Ballet Shoe 150-157 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 Black.

BALLET 1 & 2

Monday 5:00 - 6:00 PM

7-8 year olds, and beginning 9 - 10 year olds

This class is designed to nurture your child's curiosity and interest in formal dance technique. Students will be introduced to the Allen Civic Ballet's progressive curriculum and the fundamentals of classical ballet while exploring their artistry. Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for igniting your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: Revolution Camisole Dress RD20019 Black or Revolution CLASSIC PINCH-FRONT CAMISOLE LEOTARD RD50062 with a black dance skirt.

Footed Tights: Revolution Color-Flow Footed Tights RD700003 Classic Pink

Ballet Shoes: Revolution Stretch Ballet Shoe 150-157 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 Black.

BALLET 2 & 3

Wednesday 6:00- 7:00 PM

8 - 9 year olds with ballet experience and beginning 10 - 11 year olds

This class is designed to continue nurturing your child's curiosity and interest in formal dance technique while exploring their artistry. Students will continue to grow in confidence and ability through the Allen Civic Ballet's progressive curriculum. Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for fueling your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels. Additional classes are available for students wishing to accelerate their development. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: Revolution Camisole Dress RD20019 Black or Revolution CLASSIC PINCH-FRONT CAMISOLE LEOTARD RD50062 with a black dance skirt.

Footed Tights: Revolution Color-Flow Footed Tights RD700003 in Classic Pink, Natural or Chestnut.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 Black.

BALLET 3

Monday 7:00–8:00 PM

An Intermediate level ballet class for 8+ year olds with ballet experience and older beginners.

Students will continue to grow in confidence and ability through the Allen Civic Ballet's progressive curriculum.

This class is designed to continue nurturing your child's curiosity and interest in formal dance technique.

Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for fueling your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels.

Additional classes are available for students wishing to accelerate their development. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: Revolution Camisole Dress RD20019 Black or Revolution CLASSIC PINCH-FRONT CAMISOLE LEOTARD RD50062 with a black dance skirt.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in Classic Pink, Natural or Chestnut.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Black.

BALLET 3 & 4

Wednesday 5:00 – 6:00 PM

An Intermediate level ballet class for 8-11 year olds with ballet experience and older beginners.

Students will continue to grow in confidence and ability through the Allen Civic Ballet's progressive curriculum while exploring their artistry. This class is designed to continue nurturing your child's curiosity and interest in formal dance technique. Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for growing your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels. Additional classes are available for students wishing to accelerate their development. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: Revolution Camisole Dress RD20019 Black or Revolution CLASSIC PINCH-FRONT CAMISOLE LEOTARD RD50062 with a black dance skirt.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in Classic Pink, Natural or Chestnut.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Black.

BALLET 4 & 5

Monday 5:30 - 7:00 PM

Tuesday 5:30- 7:30 PM

Wednesday 7:00 – 8:30 PM

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced class for ages 11 and up meets three times a week. Minimum enrollment is twice a week

Additional classes are available for students wishing to accelerate their development.

These classes are designed for students who have reached the upper intermediate levels of the Allen Civic Ballet's progressive curriculum. Dancers will increase their focus on posture, coordination, strength, artistry and musicality with increased attention to developing the proper musculature. Work continues on developing the facility for safe and successful pointe work. Barre and center exercises increase in complexity with work on adagio, turns, jumps and leaps. At this level, dancers gain confidence as they see steady and measurable improvement in their dancing and experience the joy of reaching their dance goals. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: any style of Black BALLET leotard. Skirts allowed.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in Classic Pink, Natural or Chestnut.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels

Beginner Pointe

Tuesday 7:00-7:30 PM

Wednesday 8:30 – 9:00 PM

This class is by invitation only for those students deemed by the instructor as ready for pointe work. Each student will receive a written evaluation detailing their progress at the end of each semester.

BALLET 5 & 6 and Pointe

Thursday 5:30 – 7:30 PM

Saturday 9:00 - 10:30 AM

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced/ Pre-Professional class is for ages 12 and up. Additional classes are available for students wishing to accelerate their development.

This class is designed for students who have reached the intermediate/advanced levels of the Allen Civic Ballet's progressive curriculum. Dancers will increase their focus on posture, coordination, strength, artistry and musicality with increased attention to developing the proper musculature. Work continues on developing the facility for safe and successful pointe work. Barre and center exercises increase in complexity with work on adagio, turns, jumps and leaps. At this level, dancers gain confidence as they see steady and measurable improvement in their dancing and experience the joy of reaching their dance goals. Dancers ages 12 and up are encouraged to audition for the Allen Civic Ballet, which provides additional performance opportunities. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: any style or color BALLET leotard. A Black leotard is required for Master Classes.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in Classic Pink, Natural or Chestnut.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

Pointe Shoes at this level are pointe, or de-shanked pointe shoes.

NO: booty shorts, black tights, leg warmers (except over injuries). Warm-ups may only be worn until you are warmed up.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels.

BALLET 6

Monday 7:00 - 9:00 pm Advanced Pointe

Tuesday 7:30 - 9:00 pm

Wednesday 7:00 - 9:00 pm Technique and Variations

Saturday 9:00 - 10:30 am (combined with Ballet 5)

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced/ Pre-Professional class for ages 14 and up. Additional classes are available for students wishing to accelerate their development.

This class is designed for students who have reached the advanced levels of the Allen Conservatory's progressive curriculum. Students at this level are training at a pre-professional level with an emphasis on advanced artistry, musicality and pointe work. Variations (solos from classical ballets) are introduced and provide dancers valuable exposure to professional level work in addition to immersing dancers in the rich history and tradition of classical ballet. Dancers ages 12 and up are encouraged to audition for the Allen Civic Ballet, which provides additional performance opportunities. Each student will receive a written evaluation detailing their progress at the end of each semester.

Leotard: any style or color BALLET leotard. A Black leotard is required for Master Classes.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in Classic Pink, Natural or Chestnut.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

Pointe Shoes at this level are pointe, or de-shanked pointe shoes.

NO: booty shorts, black tights, leg warmers (except over injuries). Warm-ups may only be worn until you are warmed up.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels.

Body Conditioning for Dancers

Thursday 5:00 - 5:30 PM

A series of exercises tailored to a dancer's need for the development and improvement of strength and flexibility. A yoga mat and thera-band/resist-a-band will be needed.

Turning Class

Tuesday 5:00 - 5:30 pm

A class for ages 9 and up focusing on improving balance and rotation in turns.

JAZZ / CONTEMPORARY

Beginner & Intermediate: 9+ Thursday 7:30-8:30 PM

A fusion of modern/ lyrical/ jazz and ballet. Ages are guidelines only. Placement is by skill level as assessed by the instructors. Each student will receive a written evaluation detailing their progress at the end of each semester.

Dress code attire is shorts or leggings, along with a fitted top. No baggy t-shirts. Hair must be pulled back out of the face.

Footwear: You will be barefoot, wearing socks, or in ballet shoes depending on the lesson plan of the day. Plan accordingly.

BALLET ENSEMBLE REHEARSALS

Saturday 3:00–4:00 PM

For dancers who wish to expand their performance opportunities. Enrollment is by instructor approval only.

PRIVATE COACHING

We offer private instruction in ballet, contemporary or jazz. One on one coaching is immensely beneficial to a dancer's development. This is for dancers who need to prepare a solo for competition or performance, or need a video to apply for colleges, scholarships, or auditions. We have qualified and experienced professionals. Please enquire about rates and scheduling.

FRIDAY NIGHT SOCIAL DANCING

Fridays 7:00–8:00 PM

For dancers of all ages and abilities approach any dance floor with confidence!

1st Friday of each month – SALSA

2nd Friday of each month – LINE DANCING

3rd Friday of each month – SWING DANCING

4th Friday of each month – WALTZ