








Continental Ballet Company

2009-2010 Class Descriptions

Class Level	Leotard Color	
Creative Movement & Pre-Ballet	 light blue	Creative movement and pre-ballet for preschool aged children who just can't wait to begin ballet lessons. These classes will focus on listening, rhythm, coordination and beginning ballet movements.
Ballet I	 light pink	1-hour ballet classes. Students may have had pre-ballet, combination classes or be new to dance. This class begins discipline of barre exercises and proper classical technique.
Ballet II	 seafoam	After completing Ballet I, students will move to Ballet II and remain at this level for several years while learning fundamentals of classical ballet.
Ballet III	 navy	Beginning through intermediate pointe. This class is for those just starting on pointe as well as students with less than two years of experience on pointe. Students must be at least 10 years old and should take at least twice a week.
Ballet IV	 burgundy	Over three years of classical training. Girls must have had pointe lessons for a minimum of two years. Students at this level should take at least three classes per week. Teacher recommendation required.
Advanced	 spruce green	Over four years experience with strong pointe technique. Approval by director required.
Modern	not designated	Recommended for levels IV and up. Students must have a solid technical foundation before beginning modern study.
Director's Class	 navy	Founder/director Riet Velthuisen will invite some students to study with her on Mondays. Class is by invite only.

Leotards by Mirella can be ordered from www.discountdance.com . For children's sizes enter M201C, for adult sizes enter M207L.

Girls: wear your level color, pink tights and slippers, hair secured in a low bun

Boys: wear a white t-shirt, black tights and slippers