

# CONTINENTAL BALLET COMPANY

## CLASS DESCRIPTIONS & DRESS CODE

LEVEL &  
LEOTARD COLOR

### PREBALLET



Creative movement and pre-ballet for Preschool aged children (3 to 5 years old) who just can't wait to begin ballet lessons. This class focuses on listening to music, rhythm, coordination, and beginning ballet movements.

### BALLET 1



Students (ranging in ages 5 to 7) who might have had pre-ballet before, combination classes, or are new to dance. This class introduces the discipline of ballet, beginning barre exercises, and proper classical technique.

### BALLET 2



Ballet 2 students will increase strength, coordination, and flexibility; incorporating more center work and French ballet terminology. Students may remain at this level for a few years, learning more about the fundamentals of classical ballet. *Two classes a week is optional for Ballet 2B students (1+ yrs in Ballet 2).*

### BALLET 3



Students begin working on positions of the body of ecarté, efface and croisé. Exercises will strengthen turnout in the legs and feet, as well as balance. New skills such as pirouettes and petite allegro will be introduced. Students remain at this level for a few years. *Taking twice a week is highly recommended.*

### BALLET 4



Ballet 4 must take at least twice a week. They will work on turns, adagios, grand allegros, and starting pointe exercises at the barre. Students stay at this level for several years to increase strength, flexibility, and skills. *Students should take twice a week, especially if they are taking pointe.*

### BALLET 5



Level 5 must take three classes minimum per week. They dance on pointe both at the barre and in the center. Students will practice increasingly difficult center work and precise classical technique. *Students must take three classes a week.*

### ADULT/ TEEN BALLET (mixed level)

Adults of all levels are welcome to this class. The level of class changes with those enrolled but is generally basic beginner. Great for those who have an interest in ballet, a desire for a gentle form of exercise, or looking to improve flexibility, posture, and grace.

#### CLASS DRESS CODE

- Girls wear a specific leotard color for their ballet level (see table above), along with pink tights & pink ballet slippers.
- Hair must be secured in a low bun. No t-shirts or legwarmers please.
- Boys wear a white t-shirt, black tights, & black ballet slippers.
- Students in Adult/Teen Ballet class may wear comfortable attire that allows teachers to see lines of the body.

#### SOME RECOMMENDED DANCE ATTIRE STORES

**Grand Jete** ~ [www.grandjete.com](http://www.grandjete.com) (located in Saint Paul) Call [651-227-0331](tel:651-227-0331) or Email [info@grandjete.com](mailto:info@grandjete.com).

**Step 'N Stretch** ~ [www.stepnstretch.com](http://www.stepnstretch.com) (locations in Minnetonka, Burnsville, Woodbury, Blaine) - Email [info@stepnstretch.com](mailto:info@stepnstretch.com).

**Discount Dance Supply** ~ [www.discountdance.com](http://www.discountdance.com) (order items online to be shipped to you), or call 800-328-7107.

#### Continental Ballet Company

1800 W Old Shakopee Road, Bloomington MN 55431  
Call 952-563-8562 Email [cbcinfo@continentalballet.com](mailto:cbcinfo@continentalballet.com) [www.continentalballet.com](http://www.continentalballet.com)

# Continental Ballet Student Agreement 2018-19

## STUDIO INFORMATION

Classes run from Tuesday, September 4, 2018 thru June 2019. Summer classes vary each season. New students may try a class for level placement, recommended by the instructor.

As the schedule may be subject to change at any time, we will attempt to promptly notify families if changes occur. Parents are welcome to observe their student in the studio classes during Observation Week.

Our Spring Student Recital is held the third Thursday of June at 7:00 PM at the Bloomington Center for the Arts.

## CLASS PREPARATION & DRESS CODE

Students should not be late for class. We encourage students to arrive 10 to 15 minutes prior to their class start time. We ask that students/ parents inform their instructor or the office in advance if you will not be attending a class. Dress codes must be observed or students may not be allowed into class. Hair must be pulled back into a bun, and short hair must be secured away from the face.

Boys must wear black tights, black shoes, and white tee shirts. Each ballet level has a designated leotard color. Please check with our office or your instructor if you have questions.

## TUITION PAYMENTS

The applicant agrees to pay FULL tuition the first week of each month, June included (total of 10 payments, if starting in September) without being invoiced and acknowledges that there will be a late fee of \$10.00 for payments received after the first week of each month. Tuition is NONREFUNDABLE and cannot be extended to the next session or term. Students may not be allowed into class if tuition payments are more than 1 month behind. Holidays and snow days are covered by months that have 5 classes in them; make-up classes are not offered.

## PHOTO DISCLAIMER

I grant to Continental Ballet Company the right to use any pictures or video tape of my child, and/or myself, for publicity purposes.

## NOTICE & AGREEMENT

Insurance Clause: The applicant, and, if appropriate, the applicant's parent and/or guardian acknowledges that there does exist in the study of dance some risk of injury. Accidents occur even under strict supervision and safe conditions. It is the applicant's responsibility to fully disclose to his or her instructor(s) any circumstance which might place the applicant in jeopardy of injury.

The applicant further agrees that the Continental Ballet Company and its instructors and staff, shall not be held responsible for any accidents or injuries. The Applicant hereby releases and holds harmless the Continental Ballet Company, its instructors and its staff, from all claims or damages which may arise as a result of such accidents or injuries.

## Contact Information

*For All Inquiries regarding classes, dress code, or tuition:*

Call (952)563-8562/ Email [cbcinfo@continentalballet.com](mailto:cbcinfo@continentalballet.com) / or go to [www.continentalballet.com](http://www.continentalballet.com).