







# Continental Ballet Company

## CLASS DESCRIPTIONS

In an effort to streamline student level placement, ballet class levels are set-up by school grade level, Pre-Ballet is for age 4. Each Student in every level is encouraged to progress individually, while continuing their development of technique, strength, and poise throughout each class. If families are not certain about which class/ level to enroll in, please check-in with our office. Students may try a class and be assessed by the instructor at that time. Afterwards, the teacher or staff will suggest which class/level would best suit the student.

- |   | <i>Class/Level Leotard Color</i>   |
|---|--|
| <ul style="list-style-type: none"><li>• <b>PRE-BALLET — Age 4</b><br/>A creative movement and pre-ballet class which focuses on listening to music, rhythm, coordination, and beginning ballet movements.</li></ul>   | <u>light blue</u><br>     |
| <ul style="list-style-type: none"><li>• <b>BALLET 1 — Ages 5, 6</b><br/>This is the first year of an hour long ballet class. Students may have had pre-ballet. This begins the discipline of barre exercise and proper classical technique.</li></ul>   | <u>light pink</u><br>     |
| <ul style="list-style-type: none"><li>• <b>BALLET 2 and BALLET 3 — Grades 2 &amp; above</b><br/>For students who have a basic understanding of the structure of a ballet class. Students learn fundamentals of classical ballet and begin working on positions of ecarté, efface and croisé. Exercises will strengthen turn out and balance. New skills such as pirouettes and petite allegro will be introduced.</li></ul> | <u>sea foam green</u><br> |
| <ul style="list-style-type: none"><li>• <b>BALLET 4 — Grades 4 &amp; above</b><br/>Students work on turns, adagios and grand allegros. They will begin pre-pointe exercises, to further in their technical skills and strength. Students may remain at this level for a few years. <i>One class per week.</i></li></ul>   | <u>burgundy</u><br>     |
| <ul style="list-style-type: none"><li>• <b>BALLET 5 (Teacher's Recommendation Required)</b><br/>This will be a technique class, with a focus on Pointe. Specifically for those students who are already on pointe or technically ready and just about strong enough to start pointe-training. <i>Students Must take Two classes per week.</i></li></ul>   | <u>navy blue</u><br>    |
| <ul style="list-style-type: none"><li>• <b>BALLET 6 (Teacher's Recommendation Required)</b><br/>The advanced students will work on pointe both at the barre and in center. They will do increasingly difficult center work and precise classical technique. <i>Students should take four classes per week.</i></li></ul>  | <u>black</u><br>        |
| <ul style="list-style-type: none"><li>• <b>ADULT BALLET and TEEN BALLET</b><br/>Adults and teens of all levels are welcome to the beginner and Intermediate level classes. Ideal for individuals who are interested in ballet or who desire a gentle form of exercise to improve flexibility, posture, and grace. Register through the Bloomington Community Education Department for our Adult classes.</li></ul>          |  |

*Class Dress Code (on other side)...*

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## CLASS DRESS CODE

LEVELS PRE-BALLET through BALLET 6:

- Girls wear a designated leotard color for their ballet level (see class descriptions), light pink tights and pink ballet slippers.
- Boys wear a white t-shirt, black tights, and black ballet slippers.
- Hair should be secured in a low bun, completely pulled away from the face.
- Please do not wear legwarmers, or any extra clothing items.

In the Adult and Teen Ballet classes students may wear clothing that allows instructors to see the lines of the body (such as leggings, a t-shirt, socks; fitness or yoga attire, leotard and tights are optional). Ballet slippers are recommended.

### Some Dance Attire Stores We Suggest

#### **Step 'N Stretch**

Locations and phone numbers listed below. Go to [www.stepnstretch.com](http://www.stepnstretch.com) for further information.

13903 Aldrich Avenue South, Burnsville, MN 55337  
952-882-8300

12957 Ridgedale Drive, Minnetonka, MN 55305  
952-591-1040

3549 Lexington Ave. N, Arden Hills, MN 55126  
763-785-0600

**Grand Jete:** 975 Grand Avenue, Saint Paul, MN 55105

Call 651-227-0331 or email [info@grandjete.com](mailto:info@grandjete.com). [www.grandjete.com](http://www.grandjete.com).

**Discount Dance Supply:** Order items online at [www.discountdance.com](http://www.discountdance.com) or call [1-800-328-7107](tel:1-800-328-7107) and they will ship them to you.

**Target** stores also sometimes carry leotards.

Otherwise items may be available from **amazon.com**.