







CLASS/ LEVEL	<b>Continental Ballet Company</b> <b>CLASS DESCRIPTIONS</b>	<b>CLASS HOURS &amp; STUDENT FEES PER MONTH</b>	<b>DESIGNATED LEOTARD COLOR FOR EACH CLASS</b>
<b>PRE-BALLET</b> and <b>PRE-BALLET 2</b> <b>(2<sup>nd</sup> year)</b>	A creative movement and pre-ballet class which focuses on listening to music, rhythm, coordination, and beginning ballet movements. For students ages 4-5. <i>The teacher's recommendation is required for 3 year old students.</i> Pre-Ballet 2 is for students who are in their second year of pre-ballet.	45 Minute class <b>\$45</b>  1 Hour class <b>\$50</b>	light blue 
<b>BALLET 1</b> <b>(ages 6, 7)</b>	Students in academic grade 1 can take this hour long ballet class which begins the discipline of barre exercise and proper classical technique.	1 Hour class <b>\$50</b>	light pink 
<b>BALLET 2</b> <b>(ages 8, 9)</b> and <b>BALLET 3</b> <b>(ages 10, 11)</b>	For students in academic grade 2 and grade 3. Students will continue to work on the fundamentals of classical ballet and begin learning the positions of ecarté, efface and croisé. Exercises will strengthen turn out and balance. New skills such as pirouettes and petite allegro will be introduced.	1 Hour class <b>\$50</b>	sea foam green 
<b>BALLET 4</b>	Students may remain at this level for 2 or more years to further their technical skills and strength. The class will work on turns, adagios and grand allegros. Students will begin pre-pointe exercises and are expected to take two classes per week.	1.5 Hour classes <b>\$96</b>	burgundy 
<b>BALLET 5 &amp; 6</b>	<b>Ballet 5:</b> Students will focus on pointe work and improving technique. Barre and center work become increasingly challenging, requiring precision. Students should attend at least 3 or more classes per week. They may remain at this level for 2 or more years. <b>Ballet 6:</b> For students with advanced technical skills and experience on pointe. They should attend 4 or more classes per week, and remain at this level for 2 or more years.	(1.5 & 2 Hr classes) <b>\$135</b> (3 Classes/wk)  <b>\$150</b> (4+ Classes/wk)	navy blue   black 
<b>TEEN BALLET</b> and <b>ADULT BALLET</b>	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 the Adult Ballet classes.	1.5 Hour class <b>\$60</b>  <i>Cnty Ed Adult class fees vary.</i>	Wear attire that allows instructors to see the lines of the body (leggings, a t-shirt, fitness/ yoga items; leotard & tights are optional). Ballet slippers are recommended.

# Continental Ballet Company

## CLASS DRESS CODE

For Students in Levels PRE-BALLET through BALLET 6:

- Girls wear a leotard (without a skirt attached) that is their class level's designated color, *see class descriptions page*, with light pink tights underneath, and pink ballet slippers.
- Boys wear a white t-shirt, black tights, and black ballet slippers.
- Hair should be completely pulled back and secured in a low bun. No *Please do not wear legwarmers, or extra clothing items.*

In the Adult Ballet 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.

Email [info@stepnstretch.com](mailto:info@stepnstretch.com)

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

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

3549 Lexington Ave. N, Arden Hills, MN 55126. Call 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).

Go to [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.

- **Dancewear Solutions**

Order items online [www.dancewearsolutions.com](http://www.dancewearsolutions.com) or Email: [info@dancewearsolutions.com](mailto:info@dancewearsolutions.com) Or Call [314.773.9000](tel:314.773.9000)

*Others you can try:*

[www.leotardboutique.com](http://www.leotardboutique.com)

[www.target.com](http://www.target.com)

[www.amazon.com](http://www.amazon.com)