

The Academy of Dance Arts

Information for Training Timelines, Progression, & Consistency for Successful Training in Ballet

Dear Academy Parents,

As always, at The Academy, we strive to improve any areas that help to address the training process for our Students. One area that is being clarified is that our Levels need to stay pure so that the syllabus is taught in a manner that keeps classes moving at a more even and less divided track. * Parents must also understand that children do not move up to the next Level automatically as each Level is based on a two (2) - year syllabus. As we see that a child is grasping the concepts and technique for advancement to the next Level, we shall then add a higher Level class to their training program to transition that Student into the next Level. In this manner, we can also move a Student that is advancing quickly during the School Year instead of waiting until Term V is complete. Note that when certain classes are combined, it means that those levels are in close proximity to each other in technical proficiency.

BASIC TRAINING TIME FOR BALLET AND AGES FOR EACH LEVEL

BALLET CLASS LEVEL	BASIC NUMBER OF YEARS IN EACH LEVEL	APPROXIMATE AGE PER LEVEL	HIGHLY RECOMMENDED ATTENDANCE PER WEEK FOR SUCCESSFUL ACHEIVEMENT IN TRAINING	WHEN STUDENTS ARE READY - PROGRESSION AND PROMOTION TO THE NEXT LEVEL IS AS FOLLOWS:
Pre-Ballet	1 to 2 years	5 to 6 years	1 - time per week	1 - "A" Level Class is added
Level "A" Ballet	2 - years	7 to 8 years	<u>First Year:</u> 1 time per week - <u>Second Year:</u> 2 - times per week	1 - "A" Level Class and 1 - "B" Level Class
Level "B" Ballet	2 + - years	9 to 11 years	<u>First Year:</u> 2 times per week - <u>Second Year:</u> 3 - times per week	2 - "B" Level Classes and 1 - "C" Level Class
Level "C" Ballet	2 + - years	11to 13 years	<u>First Year:</u> 3 times per week - <u>Second Year:</u> 4 - times per week	Pointe Work is added when Students are ready - 3 times per week
Level "D" Ballet	2 + - years	13 to 15 years	5 - times per week	Plus Pointe - 4 times per week
Level "E" Ballet	2 + - years	15 and Up	5 - days per week	Plus Pointe - 5 times per week

PLEASE NOTE Non-Adherence to recommended Attendance will impede a Students' swift grasp of technical concepts and progression to the next Level in a timely manner.

Another area that myself and the staff see as an issue that needs to be addressed and understood by all Parents, *is the importance of consistency in their training.*

When a child begins training in Dance, (especially from 5 - years and up), it is like any other endeavor where you **must put in the time in order to be proficient.** In order for any child to learn their lessons well and with confidence and retain what they have learned, they must attend their classes on a regular basis for **5 - Full Terms of the School Year!** Summer Term as they reach 5 - years old and up is also a must in order to continue a child's motor skill training and muscle memory otherwise 2 full months pass before we begin the next Dance training year. During that time, a child not training losses so much of their advancement in motor skills and picking up again after a 2 month hiatus is more difficult for the Dancer. Muscles also tighten up and flexibility previously achieved is quickly lost. Remember Parents, The Academy is a premiere dance school and a syllabus is utilized in training our dancers. When children miss out on large portions of the lessons being taught, a gap in their training arises that makes each new step learned harder to achieve in a technically correct manner.

The Academy's Instructor Staff have been alarmed by the disregard of this important issue as it makes the challenge of learning to dance so much harder on our little ones. Our young students then find it harder to "keep up" and therefore will not enjoy their dance lessons as we all desire them to do so.

Please Parents, if your child truly enjoys training in Dance - consistency in their lessons is of utmost importance for success for your child. Only in this manner will the experience be rewarding and your child not miss out on important material being taught throughout the Dance School Year.

Naturally - we all have to miss from time to time but please feel free to do a makeup for your child's missed lesson during the Term that your child missed. Any concerns about which class to makeup in?? Please see the Front Desk or your Instructor for advice. When making up, go to the Front Desk for a "Makeup Sheet" which is filled out and then given to the Instructor at the beginning of the Makeup Class so he/she knows that your child is there for a makeup and knows your child's name.

I apologize if I have been long-winded on these subjects but I felt it important to share with our Parents these concerns. The Academy Staff only wishes to give each and every child the best dance experience and training possible.

Any questions or concerns, please feel free to talk to the Front Desk or E-mail the school.

May we All Walk and Dance in Peace,

Miss Sherry