

## **BALLET**



A carefully designed programme comprising a range of classical ballet based classes, and complementary dance techniques.

**26-30 July, 2010**

Students must have a minimum of 5 years training in classical ballet and have attained at least a Grade 5 certificate in a recognized examining board or be studying at an equivalent level

**9-13 August, 2010**

Students must be studying at equivalent Advanced 1 or above standard. Applicants for this course should provide a full length photo in dance clothes with their application

### **SAMPLE TIMETABLE**

(please note that this is a sample timetable only – the finalized timetable may vary slightly in content and time)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 – 11:00	WELCOME	BALLET TECHNIQUE	BALLET TECHNIQUE	BODY CONDITIONING	BALLET TECHNIQUE
	BALLET TECHNIQUE				
11:00 – 11:15	BREAK				
11:15 – 12:30	CONTEMPORARY TECHNIQUE	POINTE - GIRLS VIRTUOSITY - BOYS	SOLOS	BALLET TECHNIQUE	POINTE – GIRLS VIRTUOSITY - BOYS
12:30 – 1:30	LUNCH				
1:30 – 3:00	REPERTOIRE	CLASSICAL JAZZ	CONTEMPORARY TECHNIQUE	REPERTOIRE	SOLOS + REHEARSAL
3:00 – 3:15	BREAK				
3:15 – 4:30	BODY CONDITIONING	REPERTOIRE	WORKSHOP (Injury Prevention)	CLASSICAL MIME	PRESENTATION OF WORK IN PROGRESS + CERTIFICATES