



Ballet Curriculum

Lower School

The lower school consists of students who want to nurture their love and passion for dance. Emphasis is placed on developing the dancer based on traditional classic dance through pure technique while giving exposure to a variety of dance forms. The atmosphere in class is one of encouragement, growth, and acceptance. Students in the lower school are permitted to choose as many or as few classes as deemed suitable. Dancers in higher levels may also choose to attend lower level classes as a supplement to improve strength and pure technical knowledge. The progression through levels is made based on individual assessment and progress. Once these students have reached the age of ten, they may audition for the upper level in the pursuit of a career in dance.

Pre-Ballet

The focus of this ballet class will be on body coordination and simple movement. Students will learn body awareness, ballet positions, and beginning musicality.

Elementary Ballet I

This class focuses the technical importance of barre work while developing the strength and proper alignment for center work. Dancers placed in Elementary Ballet I will explore musical tempos and moods and its effect on movement.

Elementary Ballet II

While maintaining simplified barre work, an Elementary Ballet II Dancer begins to concentrate on the importance of strengthening and conditioning work to build proper alignment. Students studying in this level are developing a wide dance vocabulary, refining their technique, and preparing for their advancement into more strenuous and challenging classes. When the instructor feels these students are ready, they may be invited to attend pre-pointe classes.

Upper School

The upper school consists of those students looking to pursue dance seriously. This accelerated program emphasizes each individual's artistry while allowing the student to progress through the levels only when personally prepared. Musicality, through piano accompaniment, is founded in all ballet technique classes and nurtured in a variety of other styles. To audition, a student must be at least 10 years old, complete an application form, and attend an audition class. Students in the upper level have a core curriculum, consisting of required, closed classes. Additionally, they are to select a minimum of three elective classes. The upper school will have the opportunity to perform in a high caliber benefit concert with other artists in the Fredericksburg community. Our primary focus is to prepare the dancer to meet the challenges of the future.

Pre-Professional II

Students studying in this level will begin to understand the high demands of the professional dance world. The curriculum will consist of Classical Ballet Technique, Pointe/Pre-Pointe, and Modern/Contemporary, as well as Body Conditioning (mat work/reformer) based on the Pilates Method. Students accepted into the upper school need to maintain their academics at school while training. These dancers will also be required to attend classes in other dance forms in order to produce a well-rounded, stylistically diverse dancer. The pre-professional II dancer may be invited to attend pre-professional rehearsals, as an understudy. This opportunity will provide the dancer with a rehearsal structure similar to that of a professional company.

Pre-Professional

The curriculum for the pre-professional dancers consists of Classical Ballet Technique, Pointe, Variations, Pas de Deux and Modern/Contemporary, as well as Body Conditioning (mat work/reformer) based on the Pilates Method. Students accepted into the upper school need to maintain their academics at school while training primarily with Mrs. Avery. These dancers will also be required to attend classes in other dance forms in order to produce a well-rounded, stylistically diverse dancer. The opportunity to participate in local benefit concert in addition to our winter and spring concerts is given to these dancers. As a company, Avery Ballet's Pre-Professional level will become the next generation of dancers to represent the school both in the community and beyond.