

# 2nd Street Studio of Dance

PRE-PROFESSIONAL  
BALLET PROGRAM

# PROGRAM OVERVIEW



2nd Street Studio of Dance's Pre-Professional Ballet Program is for students ages 5 and up based on the Ballet Arts and Classical Ballet curriculum. This curriculum is greatly influenced by the Royal Academy of Dance (RAD) method along with modern ideas on sports medicine, and cognitive childhood development.

Students in this program will be held to a higher standard of commitment and discipline than our regular program classes. Students must take exams in order to be moved up to a higher level. These exams give students clear goals and ensure that students are being placed in the level that will benefit their technique the most and not just with other students their age.

Each level has a specific uniform dress code to promote a professional appearance. As the levels increase, the amount of time required per week also increases. This is so that students are getting enough classroom time for ample corrections given by teachers as well as making sure students are devoting the time needed to practice to reach a high technique level. We highly recommend this program for dancers wishing to go into dance programs in college or have a career in dance as well as students wanting to challenge themselves to get to a high level of ballet study.

# THIS PROGRAM PROMOTES:

- **Safety-** Due to the ever increasing popularity of dance competitions as well as social media, dance teachers have felt the need to push younger and younger dancers to perform difficult steps. There is also a trend towards pushing for extreme flexibility. Repeatedly doing these difficult steps and extreme stretching puts lots of strain on children's growing bodies and students often end up using incorrect body placement. The incorrect body placement becomes a habit which is then not only more difficult to correct, but greatly increases the risk of short and long-term injuries. This curriculum waits until appropriate levels of muscular and bone development to teach each step.
- **Progression-** Each level builds upon the last. With the use of examinations and written feedback from instructors, it is easier for students to understand what they need to concentrate on to progress.
- **Holistic Education-** This program takes into consideration both the physical and mental stages of development in children and teens. It focuses not just on ballet steps, but artistry, musicality, dance history, and important life skills that transcend dance training.

# EXAMS AND PROGRAM PLACEMENT



An official examination will be required for students wishing to join Levels 2-6. Examinations will hold students accountable for learning steps and having correct body alignment in order to advance. Students must be at least the age minimum for each level to join. Dancers even if very good for their age have certain movements that developmentally their bodies are not ready for, and can cause injury. Waiting is key! Some levels require at least 2 years of study before being allowed to move up. Official examinations will be given at the end and start of each full year season (Sept-June). Students who take an exam at the end of the season and want to test again after summer session may test at the start of the season along with new students. Students and/or parents may request an individual exam in December if they wish to be considered to move up in January. This would incur an additional cost. Students must be ready to be placed into a level that is best for them at their current stage of development. Just because a dancer knows many steps, does not mean the dancer is able to execute them with proper technique. All dancers also progress at different rates. If you think level placement may cause issues, it is suggested to stay within our regular program ballet classes and not join the pre-professional track. In some cases, if a student has a long period away from dancing (for summer break, injury, illness etc.), they may need and be asked to go down a level to continue to be safe and not risk additional injury.

# REQUIREMENTS & COST FOR EACH LEVEL

**ALL DRESS CODE UNIFORMS AND WARM UPS SHOULD BE  
PURCHASED DIRECTLY THROUGH THE STUDIO**

Multiple styles per level color will be available.

## Level 1

- No audition is required for this beginning level.
- Student must be at least age 5 by the start of the dance season.
- Student will be required to take one 45 min class per week (see studio schedule for details). More can be taken if you want more practice.
- In class, students will learn a dance that they will perform in our Spring Ballet Production.
- If you wish to be considered for additional roles, you must audition and be willing to attend additional rehearsal times.
- Monthly program cost is \$55
- Spring Ballet Production costume fee is \$100

## Level 1 Dress Code

- Long hair must be pulled back in a bun or equivalent
- No jewelry other than stud earrings
- Girls- pink or skin tone footed tights and pink or skin tone ballet shoes, pink leotard or dance dress
- Boys- black leggings/tights/biker shorts, white or black T-shirt or leotard, black ballet shoes
- During colder weather students may be permitted to wear approved fitted dance warm ups (ask studio for details).
- Cost varies depending on styles chosen by student.



# Level 2

- Students must have auditioned or completed and passed the examination process to be placed in Level 2.
- Student must be at least age 7 by the start of the dance season.
- Student are required to take one 1 hour class per week (see studio schedule for details). More can be taken if you want more practice.
- In class, students will learn a dance that they will perform in our Spring Ballet Production.
- If you wish to be considered for additional roles, you must audition and be willing to attend additional rehearsal times.
- Monthly program cost is \$65
- Spring Ballet Production costume fee is \$100

## Level 2 Dress Code

- Long hair must be pulled back in a bun or equivalent
- No jewelry other than stud earrings
- Girls- pink or skin tone footed tights and pink or skin tone ballet shoes, lavender leotard or dance dress
- Boys- black leggings/tights/biker shorts, white or black T-shirt or leotard, black ballet shoes
- During colder weather students may be permitted to wear approved fitted dance warm ups (ask studio for details).
- Cost varies depending on styles chosen by student.



# Level 3

- Students must have auditioned or completed and passed the examination process to be placed in Level 3.
- Student must be at least age 8 by the start of the dance season.
- Student are required to take two 1 hour ballet classes as well as one 30 min PBT (Progressing Ballet Technique) or Stretch class for a total of 2.5 hours per week (see studio schedule for details). More can be taken if you want more practice.
- In class, students will learn a dance that they will perform in our Spring Ballet Production.
- If you wish to be considered for additional roles, you must audition and be willing to attend additional rehearsal times.
- Monthly program cost is \$160
- Spring Ballet Production costume fee is \$100

## Level 3 Dress Code

- Long hair must be pulled back in a bun or equivalent
- No jewelry other than stud earrings
- Girls- pink or skin tone footed tights and pink or skin tone ballet shoes, French blue, leotard or dance dress
- Boys- black leggings/tights/biker shorts, white or black T-shirt or leotard, black ballet shoes
- During colder weather students may be permitted to wear approved fitted dance warm ups (ask studio for details).
- Cost varies depending on styles chosen by student.



# Level 4

- Students must have auditioned or completed and passed the examination process to be placed in Level 4.
- Student must be at least age 10 by the start of the dance season.
- Student are required to take one 2 hour ballet class, one 1 hour ballet class one 30 min PBT (Progressing Ballet Technique) class, and one 30 min pre-pointe class for a total of 4 hours per week (see studio schedule for details). More can be taken if you want more practice.
- In class, students will learn a dance that they will perform in our Spring Ballet Production.
- If you wish to be considered for additional roles, you must audition and be willing to attend additional rehearsal times.
- Monthly program cost is \$245
- Spring Ballet Production costume fee is \$100

## Level 4 Dress Code

- Long hair must be pulled back in a bun or equivalent
- No jewelry other than stud earrings
- Girls- pink or skin tone footed tights and pink or skin tone ballet shoes, purple leotard or dance dress
- Boys- black leggings/tights/biker shorts, white or black T-shirt or leotard, black ballet shoes
- During colder weather students may be permitted to wear approved fitted dance warm ups (ask studio for details).
- Cost varies depending on styles chosen by student.
- Students may wear any color leotard for non-pre-professional ballet classes.





# Level 5

- Students must have auditioned or completed and passed the examination process to be placed in Level 5.
- Student must be at least age 12 by the start of the dance season.
- Student are required to take two 2 hour ballet/pointe classes, one 1 non-pre-professional program ballet class of choice, one 45 min PBT (Progressing Ballet Technique) class, and one modern or contemporary dance class of choice for a total of 6.5+ hours per week (see studio schedule for details). More can be taken if you want more practice.
- Students may choose to perform in our Spring Ballet Production but it is not a requirement, and class time will not be used to learn any choreography.
- If you wish to be considered for our performance opportunities, you must audition and be willing to attend additional rehearsal times. There will be a \$100 fundraising requirement per production to help cover production costs.
- Monthly program cost is \$275. This covers an unlimited number of classes. Add Diversiform Dance Project Youth Company for an additional \$5 per month, \$280. Sibling unlimited class discount of \$250 per additional child.

## Level 5 Dress Code

- Long hair must be pulled back in a bun or equivalent
- No jewelry other than stud earrings
- Girls- pink or skin tone footed tights and pink or skin tone ballet shoes, navy leotard or dance dress
- Boys- black leggings/tights/biker shorts, white or black T-shirt or leotard, black ballet shoes
- During colder weather students may be permitted to wear approved fitted dance warm ups (ask studio for details).
- Cost varies depending on styles chosen by student.
- Students may wear any color leotard for non-pre-professional ballet classes.



# Level 6

- Students must have auditioned or completed and passed the examination process to be placed in Level 6.
- Student must be at least age 13 by the start of the dance season.
- Student are required to take two 2 hour ballet/pointe classes, 2 non-pre-professional program ballet classes of choice (see studio schedule for details), one 45 min PBT (Progressing Ballet Technique) class, and one modern or contemporary dance class of choice for a total of 7.5+ hours per week. More can be taken if you want more practice.
- Students may choose to perform in our Spring Ballet Production but it is not a requirement, and class time will not be used to learn any choreography.
- If you wish to be considered for our performance opportunities, you must audition and be willing to attend additional rehearsal times. There will be a \$100 fundraising requirement per production to help cover production costs.
- Monthly program cost is \$275. This covers an unlimited number of classes. Add Diversiform Dance Project Youth Company for an additional \$5 per month, \$280. Sibling unlimited class discount of \$250 per additional child.

## Level 6 Dress Code

- Long hair must be pulled back in a bun or equivalent
- No jewelry other than stud earrings
- Girls- pink or skin tone footed tights and pink or skin tone ballet shoes, black leotard or dance dress
- Boys- black leggings/tights/biker shorts, white or black T-shirt or leotard, black ballet shoes
- During colder weather students may be permitted to wear approved fitted dance warm ups (ask studio for details).
- Cost varies depending on styles chosen by student.
- Students may wear any color leotard for non-pre-professional ballet classes.

