



Beginning Ballet

(Ages 5-7)

(Ages 6-8)

(Ages 8-10)

(Ages 9+)

Please look over the following goals for your child's class and let us know if you have any questions we can help you answer.

Dear Parents and Dance Students!

We welcome you to our Allstar family! Our goal is to create a fun, positive environment within each of our classes while building technical and knowledgeable dance students. Our dance instructors will make the most of the time allotted in each class by progressing the students through the goals you will find below. You will be notified when your child has mastered each of these steps and can progress to the next level. Your child's safety is our top priority and our instructors will ensure proper technique, coordination, and flexibility is explained while each step is presented. If you have any questions regarding this, please let the front desk or the dance instructor know!

We are so very excited to have you as part of our Allstar Dance family and cannot wait to watch your child grow in their dance technique!

Again, we welcome and thank you for giving us the opportunity to teach and mentor your dancer(s) during their experience here.

If you have any questions please call our front desk at **248-668-9805**.

Sincerely,

Allstars Dance Studio at American Allstars

www.AllstarsDanceStudio.com

www.AmericanAllstarsKids.com

Attire Requirements

Hair: Bun

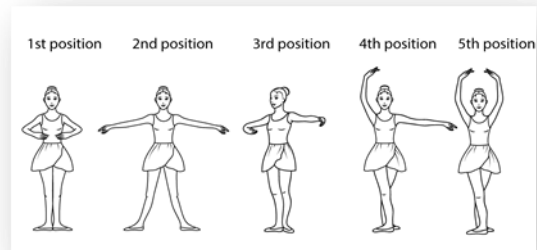
Leotard: Black leotard; skirt optional

Tights: Capezio, color: BPK

Shoes: SoDanca SLS Pink #SD16

Boys: All ages must wear a plain white t-shirt or tank with black athletic pants or shorts.

Shoes: SoDanca Black SLS



Warm- Up

Recognition of warm up terminology and positions:

- Pointe/ Flex Toes
- Straddle Position
- Butterfly Position
- Pike
- Right/Left Lunge
- Right/Left Middle Split

Barre

Recognition of barre terminology and basic ballet positions:

- Plie
- Relevé
- Tendu
- Degage
- Ron de Jambe
- Frappe
- Posse

Center/Across The Floor

Application of warm-up and barre technique in the center and across the floor:

- Princess Walks
- Right/ Left Leap
- Pas de Chat
- Arabasque Pique
- Soutenu
- Échappé
- Sautés in first, second position
- Chasse
- Pose Step onto Relevé