



Pre-Ballet

(Ages 2.5-4 years)

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 Allstars 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 focus on fun and interactive games to make all dance steps seem magical for your tiny Allstar. 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.

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 or Ponytail

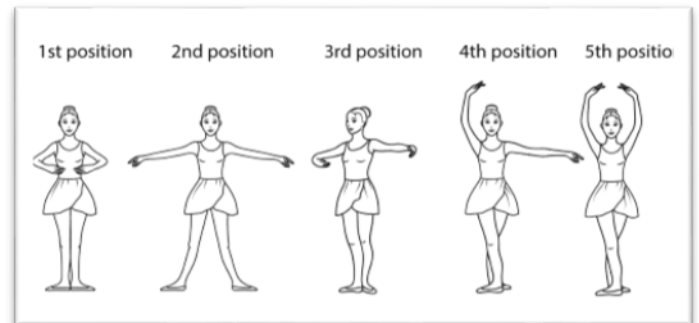
Leotard: Black or pink leotard; skirt optional

Tights: Capezio, color: BPK

Shoes: Bloch Pink #205

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

Shoes: Bloch Black #205



Warm- Up

Recognition of warm up terminology and positions:

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

Barre

Recognition of barre terminology and basic ballet positions:

- Plie
- Relevé
- Tendu
- Degage
- Posse

Center/Across The Floor

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

- Arabasque
- Soutenu
- Échappé
- Chassé
- Pose Step onto Relevé
- Princess Walks
- Right/ Left Leap
- Sauté in ballet positions