

THE LOUDOUN SCHOOL OF BALLET

BALLET DEPARTMENT 2011-2012 SCHEDULE OF CLASSES

GRADED LEVEL BALLET CLASSES

INTRODUCTION TO BALLET

BALLET I ages: 5 – 6 yrs. These classes are listed on a separate sheet, under **PRESCHOOL DEPARTMENT**

BEGINNER

BALLET II ages: 6 – 8 yrs.

	MONDAY	4:30 - 5:30 pm	Instructor: Cherie Maroni	Studio: C
	TUESDAY	4:00 - 5:00 pm	Instructor: Lisa Startsman	Studio: B
	FRIDAY	4:30 - 5:30 pm	Instructor: Lisa Hale	Studio: B
	SATURDAY	10:30 -11:30 am	Instructor: Danielle Sirinsky	Studio: C

Minimum Requirement: **1x** per week (*note-1x per week students should expect to remain at this level for two years.*)
 Recommended: **2x** per week (select from another Ballet II class or an additional contemporary elective)

BEGINNER / INTERMEDIATE

BALLET III ages: 7 – 9 yrs. MONDAY & WEDNESDAY 4:00 - 5:00 pm Instructor: Maureen Miller Studio: B
 Minimum Requirement: **2 x** per week of graded Ballet III level.
 Recommended: **3x** per week (select additional ballet classes from list of Mixed Level Classes.)

BALLET IV ages: 8 – 10 yrs.

	TUESDAY	4:00 - 5:00 pm	Instructor: Maureen Miller	Studio: A
	THURSDAY	5:00 - 6:00 pm	Instructor: Maureen Miller	Studio: A

Minimum Requirement: **2 x** per week of graded Ballet IV level.
 Recommended: **3x** per week (select additional ballet classes from list of Mixed Level Classes.)

INTERMEDIATE

BALLET V ages: 9 – 11 yrs.

	TUESDAY	5:00 - 6:30 pm	Instructor: Lisa Startsman	Studio: B
	THURSDAY	4:00 - 5:30 pm	Instructor: Lisa Startsman	Studio: B

Minimum Requirement: **2 x** per week of graded Ballet V level. (*note -most Ballet V students attend 3x per week*)
 Recommended: **3 or 4x** per week (select additional Pre-Pointe (*Pre-Pointe on THU 4-5pm, or PRE/BEG Pointe on SAT 9-10am. TUE 6:30-7:30pm*), and/or additional ballet classes listed under Mixed Level Classes)
 BEG POINTE requirements include being 11 years of age, at the Ballet VI level, and with teacher recommendation.
 If classroom space allows, BEG POINTE class may be recommended to younger students, with the condition that all class work will be done in soft shoes, for the purpose of gaining additional strength and experience.

BALLET VI ages: 10 & up

	TUESDAY	6:30 - 8:00 pm	Instructor: Lisa Startsman	Studio: B
	THURSDAY	7:00 - 8:30 pm	Instructor: Lisa Startsman	Studio: B

Minimum Requirement: **3 x** per week (graded Ballet VI level plus a Pre-Pointe class (*Pre-Pointe on THU 4-5pm, or PRE/BEG Pointe on SAT 9-10am. TUE 6:30-7:30pm*)).
 Recommended: **4x** per week (select additional ballet from Mixed Level Classes or add another Pre/Pointe class)
 BEG POINTE requirements include being 11 years of age, at the Ballet VI level, and with teacher recommendation.
 If classroom space allows, BEG POINTE class may be recommended to younger students, with the condition that all class work will be done in soft shoes, for the purpose of gaining additional strength and experience.

INTERMEDIATE / ADVANCED

BALLET VII ages: 11 & up

	TUESDAY	5:00 - 6:30 pm	Instructor: Maureen Miller	Studio: A
	THURSDAY	6:00 - 7:30 pm	Instructor: Maureen Miller	Studio: A

Minimum Requirement: **4 x** times per week (graded Ballet VII level plus additional ballet technique and pointe class).
 Recommended: Additional ballet and/or contemporary technique classes are listed under Mixed Level Classes.
 Reminder: Pointe class registration and attendance is allowed only if graded level minimum requirements are met.

BALLET VIII ages: 12 & up

	MON DAY	7:30 - 9:00 pm	Instructor: Maureen Miller	Studio: B
	WEDNESDAY	5:00 - 6:30 pm	Instructor: Maureen Miller	Studio: B

Minimum Requirement: **4 x** times per week (graded Ballet VIII plus an additional ballet technique and pointe class).
 Recommended: Pre-Professional Early Release Program or additional ballet and contemporary technique classes.
 Reminder: Pointe class registration and attendance is allowed only if graded level minimum requirements are met.

ADVANCED

BALLET IX ages: 13 & up TUESDAY & THURSDAY 7:30 - 9:00 pm Instructor: Maureen Miller Studio: A
 Minimum Requirement: **4 x** times per week (graded Ballet IX plus an additional ballet technique and pointe class).
 Recommended: Pre-Professional Early Release Program or additional ballet and contemporary technique classes
 Reminder: Pointe class registration and attendance is allowed only if graded level minimum requirements are met.

BALLET X ages: 14 & up

	MONDAY	5:00 - 6:30 pm	Instructor: Maureen Miller	Studio: B
	WEDNESDAY	7:30 - 9:00 pm	Instructor: Maureen Miller	Studio: B

Minimum Requirement: **4 x** times per week (graded ballet plus an additional ballet technique and pointe class).
 Recommended: Pre-Professional Early Release Program or additional ballet and contemporary technique classes.
 Reminder: Pointe class registration and attendance is allowed only if graded level minimum requirements are met.

THE LOUDOUN SCHOOL OF BALLET

BALLET DEPARTMENT 2011-2012 SCHEDULE OF CLASSES

MIXED LEVEL BALLET CLASSES

The following mixed age and mixed level technique classes may be taken either as a once a week ballet class or used as a third or fourth class per week, to fulfill the graded level's ballet technique class minimum requirement.

BEG/ INT (III & IV)	MONDAY	5:30 - 6:30 pm	ages: 7 - 10 yrs.	Instructor: Cherie Maroni	Studio: C
BEG/ INT (III & IV)	SATURDAY	11:30 -12:30 pm	ages: 7 - 10 yrs.	Instructor: Cherie Maroni	Studio: A
INTERMEDIATE (V - VII)	FRIDAY	5:30 - 7:00 pm	ages: 9 & up	Instructor: Caitlin Jordan	Studio: B
INT/ ADV (VII - IX)	SATURDAY	12:30 - 2:00 pm	ages: 11 & up	Instructor: Master Series *	Studio: B
INT/ ADV - ADV (VIII - X)	TUESDAY	2:30 - 4:00 pm	ages: 12 & up	Instructor: Lisa Startzman	Studio: B
INT/ ADV - ADV (VIII - X)	THURSDAY	2:30 - 4:00 pm	ages: 12 & up	Instructor: Lisa Startzman	Studio: B
ADVANCED (IX & X)	SATURDAY	10:00 -11:30 am	ages: 13 & up	Instructor: Master Series *	Studio: B
PRE-TEEN (BEG/ INT)	SATURDAY	10:00 -11:30 am	ages: 10 & up	Instructor: Cherie Maroni	Studio: A
TEEN BALLET (BEG)	TUESDAY	8:30 - 9:30 pm	ages: 13 & up	Instructor: Caitlin Jordan	Studio: C
TEEN/ ADULT (BEG/ INT)	SATURDAY	9:00 -10:00 am	ages: 13 & up	Instructor: Master Series *	Studio: B
ADULT (INTERMEDIATE)	TUESDAY	8:00 - 9:00 pm	ages: 13 & up	Instructor: Lisa Startzman	Studio: B
ADULT (BEG/INT)	THURSDAY	9:00 - 10:00 am	ages: 13 & up	Instructor: Lisa Startzman	Studio: B
ADULT (INT/ ADV)	THURSDAY	8:30 - 9:30 pm	ages: 13 & up	Instructor: Lisa Startzman	Studio: B

* **Master Series:** Saturday classes with rotating master instructors. Faculty includes: Chuck Paynter, Lisa Startzman, and Maureen Miller.

POINTE ELECTIVES

Regular attendance in graded level's minimum requirements is necessary for continuing pointe enrollment.

Students must have a current placement recommendation to register in any Pointe class

PRE POINTE	THURSDAY	4:00 - 5:00 pm	ages: 9 & up	Instructor: Maureen Miller	Studio: A
PRE/ BEG POINTE	SATURDAY	9:00 - 10:00 am	ages: 9 & up	Instructor: Cherie Maroni	Studio: A
BEGINNING POINTE *	TUESDAY	6:30 - 7:30 pm	ages: 11 & up	Instructor: Maureen Miller	Studio: A
INTERMEDIATE POINTE	WEDNESDAY	6:30 - 7:30 pm	ages: 12 & up	Instructor: Maureen Miller	Studio: B
ADVANCED POINTE	MONDAY	6:30 - 7:30 pm	ages: 14 & up	Instructor: Maureen Miller	Studio: B

* BEG POINTE requirements include being 11 years of age, at the Ballet VI level, and with teacher recommendation.

If classroom space allows, BEG POINTE class may be recommended to younger students, with the condition that all class work will be done in soft shoes, for the purpose of gaining additional strength and experience.

REPERTOIRE and VARIATIONS

REPERTOIRE (VIII-X)	SATURDAY	11:30 - 12:30 pm	ages: 12 & up	Instructor: Master Series	Studio: B
VARIATIONS (VIII-X)	THURSDAY	5:30 - 7:00 pm	ages: 12 & up	Instructor: Lisa Startzman	Studio: B

Limited enrollment, open to students with regular attendance in graded level /advanced pointe class, and to qualified male dancers.

EARLY RELEASE PROGRAM

INT / ADV - ADVANCED BALLET	TUE & THU	2:30 - 4:00 pm	ages: 12 & up	Instructor: Lisa Startzman	Studio: B
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Pre-Professional dance career training. These technique classes are open to students in levels Ballet VIII – X.

PRE-TEEN and TEEN PROGRAM

BALLET (BEG/ INT)	MONDAY	5:30 - 6:30 pm	ages: 10 & up	Instructor: Cherie Maroni	Studio: C
BALLET (BEG)	TUESDAY	7:30 - 8:30 pm	ages: 13 & up	Instructor: Caitlin Jordan	Studio: C
BALLET (BEG/ INT)	FRIDAY	6:00 - 7:00 pm	ages: 10 & up	Instructor: Danielle Sirinsky	Studio: C
BALLET (BEG/ INT)	SATURDAY	10am -11:30 am	ages: 10 & up	Instructor: Cherie Maroni	Studio: A

Special classes for review, injury rehab, older beginners, and mid-year entry students.

Syllabus includes: Ballet I – IV. Mixed ages; no previous dance training required.

ADULT PROGRAM

BEG/ INT BALLET	SATURDAY	9:00 - 10:00 am	ages: 13 & up	Instructor: Master Series	Studio: B
BEG/ INT BALLET	THURSDAY	9:00 - 10:00 am	ages: 13 & up	Instructor: Lisa Startzman	Studio: B
INT BALLET	TUESDAY	8:00 - 9:00 pm	ages: 13 & up	Instructor: Lisa Startzman	Studio: B
ADULT POINTE	TUESDAY	9:00 - 9:30 pm	ages: 13 & up	Instructor: Lisa Startzman	Studio: B
INT/ ADV BALLET	THURSDAY	8:30 - 9:30 pm	ages: 13 & up	Instructor: Lisa Startzman	Studio: B
CONDITIONING/ FLEXIBILITY	FRIDAY	9:00 - 10:00 am	ages: 13 & up	Instructor: Sharon Mercke	Studio: A

VINYASA YOGA

ADULT YOGA	TUESDAY	9:00 - 10:0 am	ages: 12 & up	Instructor: Vicki Shea	Studio: A
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ZUMBA

ZUMBA	WEDNESDAY	10:00am - 11:00 am		Instructor: Danielle Sirinsky	Studio: B
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Elective "strength and flexibility" class open to adults and all students in levels Ballet VIII – X.