

PACIFIC BALLET ACADEMY

P.O. Box 765 Los Altos, CA 94023

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Studio Address: 295 Polaris Ave, Mountain View, CA 94043

2015 - 2016 SCHOOL INFORMATION

WELCOME TO OUR SCHOOL!

The Pacific Ballet Academy campus is located in Mountain View. Studios One & Two are at 295B Polaris, corner of Wright & Polaris just off Shoreline near Central Expressway. Studios Three & Four are located around the corner on Wright Ave. Our mailing address is P. O. Box 765, Los Altos, CA 94023.

COURSE OF STUDY

We offer a full range of graded Ballet classes from Pre-Ballet for 3½ year olds through Adults and follow the traditional Russian method of training used in Professional Company schools in the United States.

PRE-BALLET - For very young children, six years and under. They are taught with care so that their bodies are not overtaxed and are given limited ballet steps combined with creative and folk dance. This class teaches children basic movement and a love of music and dance.

MEN AND BOYS' BALLET - We will have classes geared exclusively for men and boys as needed. For more information and details, please call us.

MULTIPLE CLASSES - Children 8 years and older are encouraged to take a minimum of two classes per week. Girls of this age are being prepared for pointe classes and need to build strength, technique and expression. Like any other fine arts form or serious sport, in order to excel and compete on a professional level, many hours per week are needed in class to develop a serious ballet dancer. Children under 8 will also benefit from additional time spent in class, but should only be encouraged if they have a natural desire to do so.

POINTE WORK - For intermediate and advanced students. Students must be at least 10 ½ to 11 years or older, and attend at least 3 ballet classes weekly and have sufficient strength and technique to adjust to the demands of toe work. Every student is different and some will have to wait longer than others. Beginners on toe will spend approximately 10 minutes per class on toe at the barre, gradually building up strength and time. Students in Level 4A will usually go on pointe within the year.

Students in both 4B and 4A add an additional 30 minutes onto their normal class to strengthen themselves for pointe. They first take the pointe preparation in flat shoes so they can learn the technique and combinations. Students will be notified when they may purchase pointe shoes and be given specific information on the type of shoe to buy. Dancers in Levels 6B, 6A, and 7 should register for a pointe class in addition to their regular classes.

PRIVATE AND SEMI-PRIVATE LESSONS may be arranged for students who desire to advance quickly, have special problems or are transfer students who need to catch up to their level. Call the school for more information.

CLOTHING

Girls are required to wear plain black, short sleeved, scoop neck leotards (**NO SKIRTS**), full-length pink leg tights and pink ballet shoes (leather or canvas). Beginning boys wear white T-shirts, black shorts or tights, white socks and white ballet slippers. Intermediate and Advanced boys should replace shorts with black tights. We also do not allow heavy jewelry (bracelets, necklaces, very long earrings, and anklets) or dark nail polish.

HAIR

Girls must have hair pulled back and secured firmly in a proper bun - no loose hair should be on the face. Short hair must be held back off the face with a wide hair band. **FLYING HAIR CREATES BAD HABITS!** Rubber bands, bobby pins, hair nets, hair clips, needle and thread, and safety pins should be a part of all students' ballet equipment.

HOME PRACTICE

Students are requested not to practice at home unless they have been instructed to do so. Only floor stretches and strengthening exercises may be done at home.

OPEN CLASSES

Parents and friends are encouraged and invited to observe classes the first week of every month. Visitors are not permitted at other times unless prior arrangements have been made. Pre-Ballet classes are open every month or every other month at the teacher's discretion. Very young children are easily distracted and sometimes have problems when parents watch.

PERFORMING OPPORTUNITIES

All students are given the opportunity to demonstrate their skills in front of parents and friends in our Annual Student Showcase held in the spring. We will also have 6 performances of "The Nutcracker" in November. We hold auditions for parts in this ballet. This is an invaluable experience for our students! We have a special group for our advanced dancers, **PACIFIC BALLET STUDIO COMPANY**, which will provide more performing opportunities (9 performances last season), in our studio and in other venues, such as concerts with the Palo Alto Chamber Orchestra and the San Francisco Chamber Orchestra.

GUIDELINES FOR BALLET STUDENTS

PRE-BALLET A/B (4 and 5 years old), PRE-BALLET C (3 ½ and 4 years old). These are preparatory classes for children to prepare them for ballet training. This class will incorporate some ballet positions and poses and beginning steps, but strong technique and outward rotation of the legs (turn out) will not be used since it is not good for the children at this age. Stretching exercises on the floor will be used to keep and develop their natural flexibility and turnout. Skipping, hopping, galloping (chassé) steps and free movements are used to encourage the joy of movement and dance, as well as an elementary appreciation for rhythm and musicality.

45 minutes in length, some classes are 1 hour.

BALLET A (5 and 6 years old) A preparation class for Ballet I. One hour in length.

BALLET I - A class for children 6 and older, similar to Pre-Ballet but emphasizing more ballet technique and structure, and beginning with ballet barre work. One hour in length.

BALLET II - A class for children 7 and older, one hour in length, using half hour of exercises at the barre and half hour in the center. Many students at this age attend class twice a week.

BALLET III - A class for children 8 and older, one hour in length. Students in this class must attend a minimum of two classes per week. Many steps are now given in basic form, especially at the barre, since coordination, strength and development are ready at this age. Attention span is also good at this age and students are finding a satisfaction in working hard and perfecting their technique. Teenage beginners can sometimes begin in this level with a supplement of private or semi-private lessons to help them catch up with their age group. (A pre-professional student, one who hopes to make ballet a career, should increase lessons to 3 or 4 a week).

CLASSES FROM THIS LEVEL ON ARE NOW INCREASED TO 1 ½ HOURS & 2 HOURS FOR SOME VII.

BALLET IVB - Pre-Intermediate. A class for students 9 and older, one hour in length with an additional ½ hour added for preparatory pointe work. We strongly advise a minimum of 3 days. (Pre-professional students should now attend at least 4 days a week)

BALLET IVA - A class for students 10 and older who will be ready to begin pointe work within 1 year or less. These students have already completed training in IVB. Dancer must attend 3 classes (1 ½ hours in length) per week to begin pointe work. (Pre-professional students should now attend at least 4 or 5 days a week). Students are notified in writing when they are ready for pointe shoes. Regular attendance and strength are taken into consideration when determining pointe eligibility.

BALLET V - Intermediate. A class for students 11 and older, one hour in length with an additional ½ hour added for pointe work. A minimum of 3 classes a week are advised. (Pre-professional students should now attend 5 or 6 days a week.)

BALLET VIB - A class for students 12 and older. Students at this level should add a 1 ½ hour pointe class. A minimum of 4 classes a week are advised. (Pre-professional students should now attend 5 or 6 days a week.)

BALLET VIA - Advanced Intermediate. A class for students 13 and older. All students at this level should take a 1 ½ hour pointe class and for the most advanced, pas de deux may be offered, 5 classes a week advised. (Pre-professional students should now attend 6 days a week.)

BALLET VIIB - Advanced class for students 14 and older. At least one 1 ½ pointe class is required, and minimum of five classes a week. (Pre-professional students should now attend 6 days a week.)

BALLET VIIA - Advanced class for serious, Pre-Professional students of ballet 15 and older who take at least 6 ballet classes a week and have reached a high degree of technical proficiency.

BOYS BALLET – We will add a boys' class if there is enough enrollment.

We welcome students who are not ready to make the time commitment needed to develop a ballet dancer, and try to be flexible in arranging their classes. Ballet for recreation is encouraged, but dancing accomplishments will be limited. Students who are unable to meet the time or strength requirements for going on pointe may continue classes but should notify the Directors so they can continue their training at a proper level.

THESE ARE MINIMAL REQUIREMENTS AND USUAL AGES. THERE ARE ALWAYS EXCEPTIONS TO THE RULE. STUDENTS WHO SPEND A GREAT DEAL OF TIME IN CLASS WILL USUALLY EXCEL TECHNICALLY AND ARTISTICALLY, PROVIDING THEY HAVE GOOD BALLET BODIES AND NO PROBLEMS TO KEEP THEM FROM DOING SO. STRENGTH, STAMINA AND THE ABILITY TO DANCE ON POINTE WILL USUALLY BE DETERMINED ON HOW MUCH TIME AND EFFORT IS GIVEN IN CLASS.