

# PRE LEVEL 1

**Age: 6yrs-8yrs or by placement**

**Class Type: Ballet**

**Focus: Students transition to a more technique base class, focusing on ballet technique and terminology.**

**Time: 1hr per week**

**Curriculum will include a combination of:**

- Ballet Skills
- Ballet Terminology
- Posture and Placement
- Beginner Barre Work( two hands)
- Slow Repetitions



## **Additional Skills:**

French Terms Explained, Holding Barre Properly, Class Structure, Allegro, Leadership