

# LEVEL 1



**Age: 9yrs-11ys or by placement**

**Class Type: Ballet,  
Modern, African**

**Focus: Students begin to  
extend their ballet technique  
and are introduced to Horton  
and African dance.**

**Time: 2hrs per week.**

Fall Semester Ballet, Modern  
Spring Semester Ballet, African

**Curriculum will include a combination of:**

- Ballet Skills and Terminology
- Horton Dance
- African Dance
- Barre Work (Two Hands)
- Ballet Combinations Center Floor and Across the Floor
- Jumps

## **Additional Skills:**

Dance History, Stage Directions, Full  
Exercises, Leadership, Decision  
Making