



Chamberlain School of Ballet Class Disciplines

Class Disciplines: Versatility is demanded by current trends of the professional dance world. While based in the tradition of the ballet art form, the school is progressive and in keeping with those trends. An expansive multi-disciplined program is offered including classical ballet, pre-ballet, tap, jazz, modern, creative dance, creative movement, choreography/composition, musical theatre dance, and an open teen/adult ballet program. The goal of our program is to encourage self-confidence and appreciation as well as a love for dance that will last a lifetime.

Required Attire: Dance clothing and costumes are considered inappropriate street wear. Both young dancers and adult students are asked to wear street clothes and shoes to and from the studio. Shoes must be worn in and around the building. Students will not be allowed to participate in class without proper attire. In order for the faculty to offer the highest quality of injury free and anatomically correct instruction, the full anatomy must be seen; therefore no rubber pants, leg warmers, or sweat pants are permitted in any class. Also, no jewelry, other than pierced ear studs, may be worn in class.

Mommy & Me - (Ages 18 months - 3 year olds)

Help your child discover movement and expression while networking with other parents/caregivers through a structure that blends dance, music, and imagination. Students are introduced to a class structure, age appropriate stretches, coordination exercises, and rhythm through a safe and special experience with mommy, daddy or caregiver.

Girls - Any color leotard, any color convertible or footless tights or T-shirt and shorts; bare feet, hair pulled up and away from face.
Boys - Any color T-shirt, shorts or pants that do not restrict movement. Parents/Caregiver - Any clothing that does not restrict movement.

Creative Dance – (Ages 3 - 5 year olds)

This class is designed to develop large and fine motor skills, coordination, and musical awareness while promoting creativity, group interaction and the joy of self-expression. Creative Dance classes meet once a week for 45 minutes.

Girls - Any color leotard, any color convertible or footless tights, bare feet, hair pulled up and away from face. Boys - Any color T-shirt, exercise shorts or pants that do not restrict movement (No jeans, please).

Pre-Ballet – (Ages 4 - Kindergarten)

The Pre-Ballet program offers a creative and enjoyable introduction to ballet specifically designed to bring the joy of movement and music to your children. These classes introduce students to the basic shapes, vocabulary, and postures of classical ballet. Coordination and motor skills become more refined as children are challenged to mold their bodies to these very specific positions. Musicality, flexibility, and dynamics of movement are stressed as the students gain more control of their bodies and learn the healthy habit of exercising at an early age. Pre Ballet classes for ages 4 through Kindergarten meet once a week for 45 minutes.

Girls - Black leotard (No skirts, please), theatrical pink tights, pink leather ballet shoes-no split soles (preferably Capezio, Bloch, or Sansha), hair secured in a bun or ponytail. A secured headband may be worn for short hair. Boys - White short-sleeve fitted T-shirt, black fitted legging pants or black shorts with white socks, or black tights with no socks, black ballet shoes.

Beginning Ballet – (Ages 6 years and older)

Ballet is the foundation for all dance forms. Students may begin here with no previous training, or the preschool and kindergarten students can incorporate what they have learned in Creative Movement and Pre-Ballet and begin their formal introduction to classical ballet training. The student begins training with the emphasis on working at the barre, focusing on the muscle development that is necessary to execute basic classical movements. Center floor work is continued to develop motor skills and musicality. Ballet classes for 6-8 year olds meet once a week for 1 hour. Students 8 years and older attend ballet twice a week for an hour.

Girls – Black leotard (No skirts, please), theatrical pink tights, pink leather ballet shoes (preferably Capezio, Bloch, or Sansha), hair secured in a bun. A secured headband may be worn for short hair. Boys - White short-sleeve fitted T-shirt, black fitted legging pants or black shorts with white socks, or black tights with no socks, black ballet shoes.

Advanced Beginning/Advanced Intermediate Ballet – (Ages 8 years and older – twice a week or more)

Students may begin here with previous training. The School's intermediate classes enter a more focused phase of classical ballet training. Students concentrate on technique and strength development. Faculty continues to guide students in proper positioning, body alignment and technical knowledge. Students at this level focus on increased center floor work, particularly in the areas of petite allegro and pirouettes. Girls begin pre-pointe exercises to strengthen their feet, ankles, and legs for future pointe work. Intermediate Level is when pointe work may be introduced. Students will begin pointe work upon approval of the instructor and/or Artistic Director. Girl's pointe work for teacher-recommended students begins at the age of 11 and up. Ballet classes meet two to three times a week for 1 hour or more as the student progresses.

Girls – Black leotard (No halter, high cut/French cut style; no side or back cut-outs; no multiple straps, lace, or rhinestone studs; no skirts, please), theatrical pink tights, pink leather ballet shoes (preferably Capezio, Bloch, or Sansha), hair secured in a bun. A secured headband may be worn for short hair. Boys - White short-sleeve fitted T-shirt, black fitted legging pants or black shorts with white socks, or black tights with no socks, black ballet shoes.

Advanced Ballet/ Pre-Professional Division - The heart of the school is based on the intensive professional preparatory program. This is a prelude program to the semi-professional Chamberlain Performing Arts (ballet company) founded in 1984 as a non-profit, 501 C 3 organization to provide a vehicle to prepare students for a professional dance career. Students are accepted to the program by audition only. Ballet classes meet a minimum of three days a week for 1 hour and increase as the student progresses.



Open Dance Program - (Teens and Adults)

The Open Dance classes consist of Ballet, Yoga, Tap, and Jazz. The classes are open to teens and adults and can be joined at anytime during the semesters. These classes are geared towards the enjoyment of dance and physical activity.

Creative Movement – (Grade 1 thru Grade 5)

This class shares the world of dance in its most inventive and expressive forms with the student. The goal is to combine the mastery of movement with the artistry of expression without the emphasis of repetitious movement typically involved in other forms of dance. Students explore the playful, creative, physical world with limbering exercises, exposure to a wide variety of music, rhythmic play, and a cooperative learning focus. The creative play enhances the development of fine and gross motor skills as they run, skip, leap, stretch, coordinate, isolate and move to the music. Improvisation exercises emphasize the dance elements of the body, space, force, and time. This brain-compatible approach supports intellectual learning as well as the obvious physical benefits. Creative Movement classes for 6 year olds and up meet once a week for 1 hour.

Girls - Any color leotard, any color convertible or footless tights, bare feet, hair pulled up and away from face.

Boys - Any color T-shirt, exercise shorts or pants that do not restrict movement (No jeans, please).

Choreography/Composition – (Grades 6 and Up)

Building on the elements of dance explored in Creative Movement, Choreography/Composition students choreograph longer movement studies leading to dance compositions. Students choreograph on themselves and each other. The creative process is pivotal to the class, as students work together to create, perform, assess, and evaluate. Composition classes meet once a week for 1 hour- 1.5 hours.

Girls - Any color leotard, any color convertible or footless tights, bare feet, hair pulled up and away from the face. Boys - Any color T-shirt, exercise shorts or pants that do not restrict movement.

Tap – (Grades 1 and Up)

The discipline of tap will be used to explore rhythms, musicality, coordination and timing. This course will consist of tap technique, terminology and history. The student will explore rhythms, tap steps and combinations. Tap technique and styles for the musical theatre are geared toward acquisition of basic concepts and skills fundamental to tap dance styles with a continuation of tap technique study emphasizing stylistic variance of tap repertory specific to the American Musical Theatre. Tap classes meet once a week for 45 minutes to an hour.

Girls - Black leotard, theatrical pink or flesh color tights (match to skin tone - non shiny), fitted jazz-style pants or shorts, hair pulled up and away from the face, and Beginner and Adv. Beginner - Mary Jane-style tap shoes with Velcro buckle or actual buckle strap (No split soles). Intermediate and Advanced - black oxford-style tap shoes (No split soles).

Boys – White short-sleeve fitted T-shirt, exercise shorts or pants that do not restrict movement, black oxford style tap shoes. (No split soles).

Musical Theatre Dance – (Grades 1 and Up)

Musical Theatre Dance is a class comprised of dance techniques for the musical theatre stage. Students will explore warm-up stretches, progressions across the floor and choreography styles based in novelty jazz and ballet. During the course, students will be given roles specific to a particular musical and will learn a selection from that musical to be presented in class for Parent Observation Day. Light costuming and props will be utilized where applicable. Classical dance background is recommended. Musical Theater Dance classes meet once a week for 1 hour.

Girls - Any color leotard, non-shiny tights, black jazz shoes, hair pulled up and away from face.

Boys - Any color fitted t-shirt, exercise pants or shorts that do not restrict movement, black jazz shoes.

Jazz – (Grades 4 and Up)

This class includes a set center warm-up that combines ballet, modern and jazz techniques, and is designed to strengthen and increase flexibility. The warm-up is an essential part of each class. Floor exercises continue further body placement, strengthening abdominal and lower back muscles and leg stretches. Progressions across the floor have a specific intention and focuses on putting technique into action with a series of challenging steps, turns, and jumps that helps the dancer connect movements. It focuses on agility, style, and supports the work in the combination. The final combination will challenge the dancer to put all the elements together with a sense of style and presentation. The aim is to develop dancers with the freedom of movement that comes from a firm technical foundation, grace style and attitude! Styles covered in classes include Classic Jazz, Broadway, Latin, Lyrical, and Hip Hop. Jazz classes meet once a week for 1 hour- 1.5 hours.

Girls - Black leotard, theatrical pink or flesh colored (match to skin tone - non-shiny tights), fitted jazz-style pants or shorts (tights must be worn under shorts), black split-sole oxford style jazz shoes (preferably Capezio, Bloch, or Sansha), toe undies for shoeless work allowed, hair pulled up and away from the face. (NO dance sneakers, please.)

Boys – White short-sleeve fitted T-shirt, exercise shorts or pants that do not restrict movement, black jazz shoes. (No dance sneakers, please.)

Modern – (Grades 6 and Up)

These classes combine the fundamentals of the techniques of Martha Graham, Jose Limon, Bill Evans, and Lester Horton. It is important to acknowledge the origin of the term "modern dance," in that this dance form broke from earlier classical traditions in order to reflect the contemporary issues and artistic expressions of the time. Therefore, this class develops a training methodology which focuses on developing the "thinking" dancer, who will use his or her artistic expression and technique to express the issues and aesthetics of contemporary times. Modern classes meet once a week for 1 hour- 1.5 hours.

Girls - Any color leotard, any color convertible or footless tights, bare feet, hair pulled up and away from the face.

Boys - Any color fitted T-shirt, exercise shorts or pants that do not restrict movement.