



## Combination Ballet/Jazz Classes

Ballet is the foundation of ALL dance ~ it provides the training/strength/technique needed for "finding your center" to keep your balance in turns, leaps, leg-lifts, etc. as well as the other skills that carry over into all styles of dance.

We believe so much in ballet, that we require our competition dance teams (whose emphasis has been *jazz* choreography) to take at least one ballet class per week! Our combination ballet/jazz classes for ages 6-8 provide your dancer with a firm ballet foundation as well as training in jazz!

**HOWEVER**, the ligaments in a dancer's hips are not developed enough until approximately the age of 8, to continually hold the "turn-out" that classical ballet requires. That's why our classes for younger dancers are *combination* classes, where dancers can learn and do the basics of ballet without having to continually hold the "turn-out" that a classical ballet class requires.

**Costumes: Dancers will purchase one costume and will wear the same costume in both dance recitals ~ Christmas and Spring.**

**Recitals: Dancers will perform a jazz dance in the Christmas Recital and a Ballet dance in the Spring Recital or visa versa.**

### Schedule Options:

- Class #34 Wed. 5:15-6:00 pm Combo Ballet/Jazz class for 1st graders who were in our Kindergarten Ballet/Tap classes last year.
- #35 Wed. 5:15-6:00 pm Combo Ballet/Jazz, Level 1, ages 6-7, Beginning Level.
- #38 Wed. 6:00-7:00 pm Combo Ballet/Jazz, Level 2, ages 6-7, Beginning/Intermediate Level.