

Winter Schedule 2010

Ballet enhances creative expression, beauty and joy!



January 4 ~ March 14 (10 weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ballet I/II 4:45pm-5:30pm Age 5 & up	Pre-pointe Basic Pointe 5:00pm-5:30pm	Ballet TECH III/IV & Character Dance I/II 5:00pm - 6:30pm	Ballet TECH IV / V 5:00pm - 6:30pm		Ballet I/II 10:00-11:00am Age 5 & up ----- Pre-Ballet 11:00-11:30am Age 3 ~ 4	Ballet I/II 10:00am - 11:00am ----- Le Cirque B 2:15 - 3:00pm
Basic Classical Variations 5:30-6:30pm Age 7 - 10	Ballet TECH III/IV 5:30pm 7:00pm	Ballet Semi-Pro 6:30-8:00pm (Ballet V / VI)	Vaganova Semi-Pro Jr LEVEL I/II 6:30pm - 7:30pm	Ballet TECH II/III 5:00pm - 6:30pm	Le Cirque 12:00pm - 1:30pm	Classical Variations 12:30-2:00pm Age 7 - 10
Advanced Ballet Variations & (Pointe II) 6:30- 8:00pm	Pointe I/II 7:00-8:00pm ----- Pointe III 7:00-8:30pm				Company I Sleeping Beauty 2:00-4:00pm Age 13 & up ----- Classical Variations 4:00 - 5:30pm Age 7 - 10	Company II Sleeping Beauty 3:00-5:00pm Age 10 & up
BALLET COMPANY I: Saturday, 2:30-4:30pm <u>New Classical Variations ~ Sleeping Beauty</u> This program is for committed dancer of an advanced level, focuses on solo part, talent development and perfection of all basic movements of classical ballet and prepares students to enter university and professional company.			BALLET COMPANY II: Sunday, 3:00-5:00pm <u>New Classical Variations ~ Sleeping Beauty</u> This program is for committed dancer of an intermediate level, focuses on solo part, talent development and perfection of all basic movements of classical ballet and prepares students to enter semi-professional Jr. program.			
Classical Ballet Variations Monday 5:30pm - 6:30pm Saturday 4:00pm - 5:30pm Sunday 12:30pm - 2:00pm Students will learn to perfect basic classical ballet techniques, variations and perform Sleeping Beauty. Age 7 - 10			The Sleeping Beauty solo parts are: Princess aurora, Flower Fairies, Lilac Fairies, Miettes, Canari, Violente, Sapphire, Rose, Gold fairy, Diamond Fairy, Little Red Riding Hood, Cinderella, Blue Bird, Prince, 16th Birthday Party, Birthday gift etc...			
All students are eligible to perform The Sleeping Beauty: All students will learn one dance in regular technique classes on week days and perform with us on stage! (costume & theater fee will be advised.)						
Le Cirque team A: Saturday 4:40pm - 6:00pm Performers are required to master techniques to dance one classical variation and work on new choreography for show & competition. Performers must be able to dance "triple spins baton," and develop one specialty and perfect it.			Le Cirque team B: Sunday, 2:15pm - 3:00pm Performers are required to learn rhythmic ribbon & baton flag techniques and work on new choreography. Performers work on solo & partnering. Team A students are welcome to join.			

CLASS DESCRIPTION

* Pre-Ballet for age 2 & 3 years old: Students learn creative movement, rhythmic and dance with Tambourine. Students enjoy dancing with fun classical music. This class enhances creative expression.

* Classical Ballet Technique I / II: Students age 4 - 7 learn basic classical position of arms & legs, improve posture, flexibility and grace. All students enjoy dancing in front of friends and parents and loving their first classical variations.

*Basic Classical Variations: Age 7 - 9 90 minutes class Students will learn to perfect basic classical ballet techniques, variations and perform Sleeping Beauty.

* Ballet Technique II/III: Students learn basic - Intermediate techniques. Special exercises help students complete splits and improve flexibility, turn out and extension.

* Ballet Technique III/IV class trains students to master 12 barre exercises and 12 center work. Students will start moving correctly and dancing gracefully with more strength and endurance.

* Pre-Pointe: Students learn skills & techniques to prepare for pointe tech I class. Students wear canvas or leather ballet shoes. No Pointe Shoes are required in this class.

* Pointe Tech I/II: Students learn special exercises to build strength and beautiful arches in feet. Students will learn how to do double & triple pirouette turns on pointe.

* Pointe Tech II/III: Intermediate & advanced students will learn clean single and double pique turns & arabesque turns.

* Semi-professional Junior class prepares students for professional training with ballet masters, auditions and special performances. Please contact us for more information.

* Semi-professional class: Students will master advanced technique & skills. Students will prepare for university, auditions and special performances. Please contact us for more information.

* Ballet Technique III/IV & Character Dance: 45 minutes Barre & Exercise and 45 minutes various etudes in classical ballet, including: Polish (Mazurka, others), Hungarian (Csardas), Italian (Tarantella), Russian (various), Spanish , Romanian/Moldavian. Character Dance is a unique and integral part of Russian Classical Ballet that exists only in Russia. Students must wear "character shoes (black canvas or leather, 1 or 1 1/2 heel) & character skirt (any color.) Black leotard & theatrical pink tights. Hair must be in a bun.

* Advanced Ballet (Pointe III): This class is for advanced dancers and professionals. Class starts with beautiful stretches at the barre, simple classical ballet techniques & exercises. Dancers are ready to dance joyfully in the center and develop new talents. Dancers can wear pointe shoes, learn repertoires, variations, solo parts and perform in the productions. Dancers receive a recognition on stage.

SINGLE CLASS RATE 30minutes class: \$12 45 minutes class: \$15 1 hour class: \$18 1 1/2 hour class: \$25	PRIVATE LESSON IS AVAILABLE Please contact us for fee and schedules
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Click [here](#) to download full schedule
We will email you fee schedule.

Dear New Student and parents,
Please fill out and submit your questions.
we will contact and help you with more detailed
information you need.

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Do you want information
for semi-professional
training program? If yes, check the box.

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Performance Schedule

The Sleeping Beauty

Hermosa Beach Playhouse, May 2010 (90 minutes)
Exact date will be advised in January 2010

Ballet Show Case

South End Racquet & Health Club
March 13 & 14

Mother's Day Special

South End Racquet & Health Club
All students will present solo dance for Mothers
May 2010 (TBA)



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very successful!**

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We make a positive difference in our precious life & future.

310.292.8709 Director, Kotomi Matsuda

