

Ballet Course Levels



Level 1

The level 1 course is for complete beginners and anyone looking to refresh the basics. The course teaches the absolute fundamentals of ballet and concentrates on achieving the right posture and technique. The aim is also to develop students' musical sensitivity and body awareness.

Level 1-2

This course builds on level 1 and is for anyone with some previous experience of ballet looking to consolidate and develop the basics. The focus is mainly on practicing single movements, but students also learn simple coordinated sequences incorporating the head and feet.

Level 2

This course is for anyone who is already familiar with and has mastered the basics of ballet. Students must have previous experience of barre exercises (e.g. *plié*, *rond de jambe*, *développé*) as well as center techniques (e.g. *adage*, *changements*, *pas de chat*, *assemblé*, *pirouettes*). During the course, students consolidate their technique and expand their repertoire of steps.

Level 2-3

This course teaches more complex steps and focuses on the correct techniques for jumps and turns.

Level 3-4

Good previous knowledge and dance experience are required. Students should be able to execute *tombé pas de bourrée* and *glissade* as a step combination before big jumps. The aim of the course is for students to perfect their technique and learn more complex combinations.