



## **Ballet and Pre-Professional Program FAQ**

### **What ballet programs are available to my dancer at ASA?**

There are several different programs available for your dancer at ASA starting Fall 2017! ASA has 4 divisions of ballet training for dancers of all ages and abilities.

- Youth Children's Program (includes Tip Toe Discovery and Pre-Ballet/Tap I, II)
- Youth Training Program (Basic Ballet, Ballet I)
- Recreational Ballet (Basic Ballet, Ballet I-III)
- Pre-Professional Ballet Program (Ballet I-III)
- Teen & Adults (for the recreational dancer and adult ballet lover)

All ballet students at ASA will receive equal quality training with additional attention given to musicality, movement quality and anatomically correct work. Ballet instruction at ASA will focus on technique and proper alignment while educating the dancer in a nurturing and inspiring environment, not only to help them grow as a dancer but also an individual. So whether you want to take ballet recreationally or take it to the next level, there is a place for every skill level.

### **What is the Pre-professional program at ASA?**

A Step Above Dance Academy's pre-professional ballet program is a training curriculum designed for the pre-professional student looking to expand their ballet training. This program will prepare students for a professional ballet career, dance career or a more comprehensive ballet course with multiple opportunities to develop their technique and artistry in a nurturing classroom environment. Our extensive Ballet class schedule requires a great amount of dedication from the student.

### **Do you have to be in the pre-professional program in order to take ballet at ASA?**

No, ASA's restructured ballet program caters to dancers of every skill level offering each student equal amount of quality training in classical ballet technique based on their own individual skills. Each dancer will be placed in the correct ballet class level by assessment of the Ballet Director or ASA Artistic Director.

### **How can my dancer become a part of the Pre-professional program?**

Due to the physically demanding nature of intensive classical ballet training, dancers must meet minimum technical requirements in strength, flexibility, coordination, familiarity with classical

ballet vocabulary, and overall proficiency in order to participate in the Pre-Professional Program at A Step Above Dance Academy.

Audition for placement into the program will take place **on August 8 for the 2017-2018 school year at 4-5 p.m. for ages 8-11 and 5-6:15 p.m. for ages 12+**. Entry and placement is conditional upon available space and the recommendation of the Ballet Director.

### **What age do you have to be in order to qualify to be a part of the pre-professional program?**

Dancers need to be at least 9 years or older in order to qualify or audition for the program. They should be 9 years of age by the time the Fall season begins at the end of August. We feel at this age dancers are strong enough to comprehend the physical criteria and demanding training schedule we require for each student based on their skill level. If you are younger than the age of 9 but are interested in auditioning the following school year, we strongly encourage students to take 2 basic ballet classes a week to help prepare them for longer classes, more structured ballet classes and mastering basic ballet skills.

### **What if my dancer cannot attend the audition date or we find out about the program later on?**

New students must attend an evaluation class in order to request admission if after the audition date. Entry and placement is conditional upon available space and the recommendation of the Ballet Director.

### **What if my dancer can only take class/participate in the program for half of the year?**

Enrollment in the Pre-Professional Program is by full-season only. To allow for maximum student benefit, families are asked to commit to the entire school year at registration. As a result of attending classes consistently throughout the year, students have the opportunity to learn, review and repeat concepts taught in classes in a manner that promotes long-term retention. Students are also required to attend a minimum number of summer classes and intensive programs at ASA in order to maintain their level placement and level promotions from one year to the next.

### **How many classes of ballet should I take?**

Dancers are encouraged to take the recommended amount of classes per their level each week.

Level 1 – 1 Ballet technique classes a week

Level 2 – 2 Ballet technique classes

Level 3 – 3 ballet classes per week

*ALL BALLETT students are strongly recommended to take a ballet conditioning class.*

Students in the pre-professional program will be required to take:

**Level 1 students** – Required 2 technique classes, 1 conditioning. *Additional study: Pre-pointe*

**Level 2 students** – Required 2 technique classes, 1 conditioning. *Additional study: Pointe* (by invitation only)

**Level 3 students** – Required 3 technique classes, 1 conditioning. *Additional studies: Pointe and Variations* (to begin in Jan.)

### **What is a conditioning class?**

It is absolutely imperative that dancers are strong, physically fit, and able to endure the rigors of dance performance. A conditioning regime allows dancers the opportunity to strengthen their bodies to compliment their technical and stylistic dance training and prevent injuries. This class will also give ballet students the opportunity to work on different aspects of their upper body strength, core strength and flexibility that they normally wouldn't do in a ballet class but can help improve not only their ballet but overall dance training.

### **Can my dancer take pre-pointe, pointe, or variations if they are not in the pre-professional program?**

Unfortunately not. The pre-professional program is designed to give these dancers taking their training to the next level the perks and benefits to take these supplemental classes.