

## *Cuppett Performing Arts Center Ballet Program*

Ballet is the foundation for all dance forms and is an integral part of the curriculum at CPAC. The Center teaches the best of both the Russian (Vaganova) and Italian (Cecchetti) methods. Ballet is required as part of jazz, modern, lyrical, and character classes and for participation in the Cuppett Dance Company.

**Ages 3 to 6:** Our **Creative Dance** and **Beginning and Advanced Combination** classes incorporate basic ballet in their programs. We start with an initial introduction to positions and build to a class which incorporates 30 minutes of Ballet including some barre work.

**Ages 7 to 11:** **Ballet I, II, and III** and **PreTeen Ballet** classes are one hour long. They are structured to teach our young students the basics, building and expanding the skills and techniques for ballet, including the terminology for ballet positions and movements. They will participate in barre exercises as well as movements across the dance floor.

Beginning at the Ballet III level, students participate in the Spring Ballet production with the upper level ballet classes. Students who wish to pursue pointe work or a more serious study of ballet are encouraged to start taking two ballet classes at the Ballet III level in order to help strengthen their muscles and technique for pointe.

**Ages 11 to 13:** Our **PrePointe** program requires students to take two ballet classes a week – a PrePointe ballet class and a Cecchetti class (a ballet technique class). Students at this level are preparing both strength and technique for pointe work. There are specific requirements that must be met to attain pointe status.

**Ages 13+:** CPAC offers three levels of Ballet instruction for these students. For students new to ballet, we offer a **Teen Ballet** class which introduces the student to the fundamentals. After a year of Teen Ballet, a student will be placed in a ballet class based on their acquired technique and ability.

For students who desire a more serious study of ballet, after PrePointe they advance to **Pointe** classes. A student is required to take at least two ballet classes per week to participate at this level. Pointe classes are 105 minutes long for Pointe A-level and 120 minutes for Pointe B- and C-levels. Cecchetti classes range from one hour to 90 minutes, depending on level. A student may opt to take two Pointe classes if they do not wish to pursue the Cecchetti training. However, most of our students agree that Cecchetti classes noticeably improve their technique and strengthening.

The most accelerated level of Ballet instruction is our **Intensive Ballet Program**. Students must receive an invitation to participate in the Intensive Ballet A program or if new to the studio, they can audition. At the B & C levels, students may opt to take the additional Intensive classes. At the Intensive “A” level, students are required to take two Intensive Ballet “A” classes per week, each 105 minutes long, plus a Cecchetti class. At the Intensive “B” level, students are required to take their appropriate Pointe “B” level class, the Intensive Ballet “B” class, and a Cecchetti class. Students at the Intensive “C” level are required to take a Pointe “C” level class, the Intensive Ballet “C” class, a Cecchetti class, and a Variations class.