

OUR CURRICULUM

BALLET

The Vermont Center for Dance Education is proud to include the AMERICAN BALLET THEATRE® National Training Curriculum, a breakthrough 9 level program that combines high quality artistic training with the basics of dancer health and child development. The ABT® National Training Curriculum consists of a comprehensive set of age-appropriate, outcome-based guidelines to provide the highest quality ballet training to dance students of all ages and skill levels.

Level 1 through Level 5 will be taught by director, and ABT® certified teacher Stefania Nardi, who has successfully completed the ABT® Teacher Training Intensive in Pre-Primary through Level 7 and Partnering of the ABT® National Training Curriculum.

We offer ballet classes for ages 3 through adult. Please note that age is only an indication and class placement is based on skills.

PRE-BALLET A ages 3-4

PRE-BALLET B ages 5 and up

PRE-BALLET C ages 6 and up

LEVEL 1 ages 8-9

LEVEL 2 ages 10-11

LEVEL 3 ages 12-13

LEVEL 4 ages 14-15

LEVEL 5 ages 16+

Adult ballet classes are offered in beginner, intermediate and advanced levels.

PROGRESSING BALLET TECHNIQUE (PBT) is a program developed by Marie Walton-Mahon to help students advance in all **dance** forms by training muscle memory. PBT focuses on core stability, weight placement and alignment.

Our studio also offers several levels in the following styles:

MODERN DANCE is a specific style of dance that is free form and stems from the core, or torso, of the body and uses elements like contact-release, floor work, fall and recovery, and improvisation. For ages 7 and up

CONTEMPORARY DANCE is a collaborative style that includes modern, jazz, ballet, and hip hop elements. For ages 12 and up

JAZZ dance combines elements of ballet, modern. Students are trained in the traditional technique, characterized by body isolations and precise arm, leg and foot movements. For ages 5 and up

TAP dance focuses on precise rhythm and sound. Students will be led through the exploration of music and beats while learning the basic tap terminology. For ages 5 and up.