

Upon entering the **Junior Division** (ages 9 - 13 approximately), students begin formal training in classical ballet in the **European tradition with a French emphasis** on repetition. The curriculum of this division is designed to lay the foundations of classical dance, and repetition is required to develop “muscle memory”. Proper technique and posture as well as an understanding of rotation and alignment must be acquired during the 4 years of training in the Junior Division. The curriculum includes barre au sol, barre and center work.

Over the course of the program, students consolidate the basic elements of classical ballet, learning the 5 positions of the legs, carriage and position of the arms (port de bras), the coordination of the movements of the limbs and variations. This is accompanied by balance work and weight shifting, demi-pointe work, centering on demi-pointe, an introduction to turning with exercises en tournant, jumping, and the development of the awareness of the aesthetics of the flow and expressiveness of movement.

Repetition and carefully paced, methodical work are essential for learning the exercises correctly and forming the proper habits in terms of technique. Students will develop their physical and artistic potential with an emphasis on strength and flexibility, bodily control, discipline, and musicality. In their Junior years, students will also receive instruction in **dance history, music, flamenco, acrobatic and anatomy.**

Once students have mastered the skills required in their class, they will be moved to the next level. It is not unusual for this advancement to take more than one year. In exceptional circumstances, the Director may determine that particular student should advance to the next level before the completion of the year.

Students of the Junior Division are eligible to participate in the, Winter Performance, annual Nutcracker Ball and the Spring Performance.

The classes of the Junior Division divide into the following levels:

- Ballet Level 1A
- Ballet Level 1B
- Ballet Level 2A
- Ballet Level 2B
- Ballet Level 3A
- Ballet Level 3B