

# How Classes are Structured

Classes in the Early Childhood Dance Program are grouped into age-specific levels for 3-7 years olds. These classes meet once a week and last 45 minutes.

Class structure for all levels is essentially the same, with the content based on appropriate developmental skills for the specific age. Each class begins with a brief sharing time and floor exercises that gently stretch and strengthen the young students.

These exercises progress in difficulty as students gain flexibility and strength over the years.



Class continues with a center warm-up that includes all the major muscle groups and is the basis for the barre work taught in ballet class later. From this, students learn correct posture and the placement of the body over the legs. The exercises also teach balance, port de bras (arm movements), and include various types of jumps that are the building blocks for the allegro steps of classical ballet.

The third section of class develops the locomotor skills that form the basis for all ballet steps that travel.



The final portion of class is devoted to developing creative expression and musical awareness. Students participate in a variety of free movement exercises that teach listening skills, rhythm, emotions and relationships to energy, space, level, and direction. Young dancers who are consistently exposed to this type of activity in class are generally more creative in their choreographic efforts in later years and are freer in their movement style as they develop. Besides, it is just plain FUN!

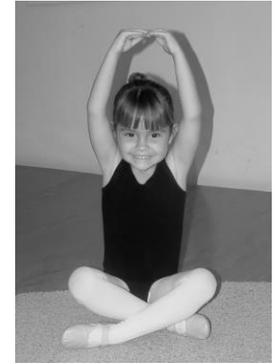
Educators now know that training young children in the concepts of movement sequencing, patterning, and spatial relationships lays a strong foundation for the later development of reading, mathematics, and other educational skills. Our ECD program works actively in all these areas.

# Levels

*Classes are based on age and experience. Teachers will place children in the most appropriate level for their personal development.*

## ECD Pre-K 3- and 4-year-olds

Three and four years olds are quite new to learning how their bodies move, as well as how to behave in a classroom. Children in this level are gently introduced to the classroom environment. The stepping-stones to skipping are introduced. Characterizations are used to develop both movement quality and imagination.



## ECD Kinder 5- and 6-year-olds

The program for this group builds on the work done the previous year. They continue to work on the same concepts, but in greater degrees of complexity. Students now learn to further control their movement. Skipping is refined and then other locomotor skills are introduced. Traveling steps across the floor are expanded and often done with partners. Students start learning the concepts of counting music and opposites.

## ECD 4 experienced Kdg and 1<sup>st</sup> grade

This level of the program is especially geared towards the more skilled kindergartener and first graders. All the concepts explored in previous years are expanded upon, the quality of execution of exercises is increased and basic ballet terminology is introduced. After completing this level, students will be placed in the Junior Ballet class, ready both physically and mentally to begin studying the beautiful and disciplined theatrical art form that is called classical ballet.

## Beginning Ballet new 1<sup>st</sup> grade/2<sup>nd</sup> grade

This level of the program is especially geared towards kindergartener and first graders that are new to our program. It takes the child thru pre-ballet materials introduced in our Pre-K/Kinder program and then moves into more advanced work in preparation to joining the Junior or Level 1 Ballet program.

[www.balletyuma.org](http://www.balletyuma.org)

928.314.4762



## ECD Dress Code

### Girls

- black tank or camisole leotard (*no skirt attached, no extra trim or decoration*)
- pink tights with feet
- pink leather ballet shoes
- hair must be pulled back away from face and secured, preferably in a bun

### Boys

- black bike shorts
- white t-shirt and white socks
- black or white leather ballet shoes

## Classes 2021-2022

### ECD Pre-K *ages 3-4*

Tuesday 10:00am

Tuesday 5:00pm

Saturday 9:00am

### ECD Kinder *ages 5-6*

Monday 5:00pm

Saturday 9:45am

### ECD 4 *ages 5-6 teacher placement only*

Tuesday 4:15pm

### Beginning Ballet *ages 6-7*

Monday 5:45pm

## To register

Call 928.314.4762 or visit us at

[www.balleyuma.org](http://www.balleyuma.org)

3942 S. Avenue 4 ½ East



## Introducing The Early Childhood Dance Program

Our Early Childhood Dance Program (ECD) is specially designed to provide children between three and six years of age with a strong foundation in dance and movement.

### The basic elements of movement and dance are taught:

- Space and how we relate to it, both as an individual and as a member of a group
- The eight basic locomotor movements
- Musical rhythm, beat and time
- Opposites and directions
- Some elementary positions of ballet

### Integrated with these physical concepts are the intellectual concepts of:

- Self-awareness
- Creative expression
- Imagination

### Students also learn the basic of classroom behavior and manners, which remain the same throughout their dancing years:

- How to take turns
- Following another dancer or leading the way
- Waiting patiently
- Working together with others
- Having a positive attitude



All ECD teachers are adults with children of their own and have had extensive dance training, as well as instruction in the ECD syllabus under the guidance of Academy director, Kathleen Sinclair.