

MARIN BALLET

Fall 2008 – Spring 2009

Pre-Ballet Division

Class Descriptions

Movement Exploration is a gentle introduction to movement with music for three year olds. The students work to develop the skills needed to work within a group dynamic, listen actively and follow directions. Classes are designed as structured play, using imagery & imagination to explore movement and develop gross motor skills.

Creative Movement is for children who are four years old and will be entering Kindergarten in the fall of 2009. Students continue to develop the group dynamic skills in the Movement Exploration curriculum. Gross motor skills such as marching, galloping, skipping and leaping are expanded. Exercises for coordination and rhythm are introduced through creative games and dances.

Ballet Preparatory 1 is for Kindergarten students. Students will continue to develop classroom etiquette, body and spatial awareness skills. Classes balance work with fun as rhythm studies, folk dances and exercises for balance are added to the curriculum. Age appropriate pre-ballet exercises and positions are introduced.

Ballet Preparatory 2 is for first graders and is a continuation of the Ballet Preparatory 1 curriculum with an emphasis on developing self-discipline. Exercises that promote body alignment, posture and age appropriate stretches are introduced. Basic classical ballet positions are taught and an increased focus is expected in preparation for Level 1.

Pre-Ballet Division Calendar

Quarter Dates	Parent Observation	Tuition Due
First Quarter: September 1 – November 1	October 20 - 25	August 24
Second Quarter: November 3 – January 17	January 12 - 17	October 24
Third Quarter: January 19 – March 21	March 16 - 21	January 9
Fourth Quarter: March 23 – June 7	June 1- 6 (Movement Exploration only)	March 13
<i>Pre-Ballet Showcase 2009, presentations for Creative Movement and Ballet Preparatory 1 & 2 will be held on June 6 & 7 in Marin Ballet's Phyllis Thelen Theater</i>		

School Holidays – no classes or rehearsals held

*September 1	Labor Day	*January 19	Martin Luther King Jr. Day
*November 11	Veterans' Day	*February 16	Presidents' Day
*Nov. 27 - 30	Thanksgiving	**April 10 - 19	Spring Break
Dec. 22 – Jan. 4	Winter Break	*May 26	Memorial Day
*Students whose class falls on this holiday may take an appropriate make-up class. **April 10 & 11 are the only dates during the spring break which are eligible for make-up classes.			
<i>Please see the school calendar for a complete listing of performance and rehearsal dates and school events.</i>			

Please see reverse for Movement Exploration, Creative Movement and Ballet Preparatory 1 & 2 Class Schedules ⇨

Pre-Ballet Division

Class Schedules 2008-2009

❖ MOVEMENT EXPLORATION

\$145 per quarter

Students must be 3 years old by the first day of the quarter for which they enroll. Choose any one of the following classes.

Day	Time	Teacher	ME Dress Code
Monday	2:00 – 2:45 pm	Signe Lando	<i>Girls:</i> Light pink, cap sleeved leotard, pink ballet slippers, white ankle socks, hair pulled neatly back off of face and neck. Skirts are permitted, not below the knee. No jewelry. <i>Boys:</i> Navy blue shorts, white t-shirt (tucked-in), white ballet slippers and white socks.
Saturday	9:00 - 9:45 am	Malarie Whiting	
Saturday	10:00 – 10:45 am	Signe Lando	

❖ CREATIVE MOVEMENT

\$185 per quarter

Students must be 4 years old, entering Kindergarten in Fall 2009. Choose any one of the following classes.

Day	Time	Teacher	CM Dress Code
Monday	3:00 – 4:00 pm	Signe Lando	<i>Girls:</i> Light pink, cap sleeved leotard, pink ballet slippers, white ankle socks, hair pulled neatly back off of face and neck. Skirts are permitted, not below the knee. No jewelry. <i>Boys:</i> Navy blue shorts, white t-shirt (tucked-in), white ballet slippers and white socks.
Tuesday	1:45 – 2:45 pm	Signe Lando	
Friday	3:00 – 4:00 pm	Stephanie Lando	
Saturday	9:00 – 10:00 am	Signe Lando	
Saturday	10:45– 11:45 am	Signe Lando	

❖ BALLET PREPARATORY 1

\$185 per quarter

Students must be 5 years old, entering Kindergarten. Choose any one of the following classes.

Day	Time	Teacher	Ballet Preparatory 1 Dress Code
Monday	3:00 – 4:00 pm	Stephanie Lando	<i>Girls:</i> Light blue, cap sleeved leotard, pink ballet slippers, white ankle socks, hair pulled neatly back off of face and neck. No skirts or jewelry. <i>Boys:</i> Navy blue shorts, white t-shirt (tucked-in), white ballet slippers and white socks.
Tuesday	3:00 – 4:00 pm	Signe Lando	
Thursday	3:00 – 4:00 pm	Stephanie Lando	
Friday	4:00 – 5:00 pm	Stephanie Lando (Prep 1/2)	
Saturday	10:00 – 11:00 am	Stephanie Lando	
Saturday	11:15 – 12:15 pm	Stephanie Lando (Prep 1/2)	

❖ BALLET PREPARATORY 2

\$185 per quarter

Students must be 6 years old, entering 1st Grade. Choose any one of the following classes.

Day	Time	Teacher	Ballet Preparatory 2 Dress Code
Monday	4:00 – 5:00 pm	Stephanie Lando	<i>Girls:</i> Light blue, cap sleeved leotard, pink tights , pink ballet slippers, hair in ballet bun, shorter hair pulled neatly off face and neck. No skirts or jewelry. <i>Boys:</i> Navy blue shorts, white t-shirt (tucked-in), white ballet slippers and white socks.
Wednesday	4:00 – 5:00 pm	Signe Lando	
Thursday	4:00 – 5:00 pm	Stephanie Lando	
Friday	4:00 – 5:00 pm	Stephanie Lando (Prep 1/2)	
Saturday	9:00 – 10:00 am	Stephanie Lando	
Saturday	11:15 – 12:15 pm	Stephanie Lando (Prep 1/2)	

Dress Code items may be purchased in San Rafael at: The Dance Shop, 459-4008 or D'Lynnes Dancewear, 456-4747