

CLASSES FOR CHILDREN AND TEENS

Scroll down to read descriptions of all classes. Adult classes are on the last page. Click on the “Class schedule” link after our mission statement to see the schedule in grid form.

Creative Ballet and Creative Movement

An age-appropriate introduction to ballet and dance using rhythmic games, simple steps and positions, imagery, and improvisation. The gently structured curriculum is based on the innovative Leap ‘n Learn™ program.

Dress code: Girls: pink leotard, tights, and slippers, skirt optional; hair secured away from face. Boys: white T-shirt, socks and slippers, black shorts or sweatpants.

Age 3

Monday	1:30-2:15pm	Posey
Tuesday	10:15-11:45am	Saur
Thursday	12:30-1:15pm	Posey

Age 4

Monday	3:50-4:40pm	Posey
Thursday	1:20-2:10pm	Posey

Age 5

Tuesday	3:35-4:30pm	Posey
Wednesday	3:35-4:30pm	Boyle
Thursday	3:35-4:30pm	Saur
Saturday	9:00-9:55am	Boyle

Ballet Technique Classes

Traditional classical ballet training for ages 6-17. The curriculum incorporates elements of European, Russian, and American styles. Balanchine Technique® and Balanchine Style® are introduced in advanced classes.

Classical ballet training is still considered to be the best foundation for any dance style, and is strongly recommended for skaters, gymnasts, and competitive dancers as well as aspiring ballet dancers.

Dress code: Girls, beginning and A-E: black leotard, pink tights and slippers, short skirt optional, form-fitting or wrap-style dance sweater allowed (Level E may wear any color leotard.) No T-shirts, sweatshirts, leg-warmers, or sweatpants; long hair in a neat bun, short hair secured away from face. Boys: white T-shirt, socks and slippers, black footless tights.

Beginning Ballet, Age 6

The fundamentals of ballet training for first-graders, including barre-work, basic vocabulary, elementary positions, and simple combinations of steps. Classes are meant to inspire a love of ballet.

Tuesday	4:30-5:30pm	Posey
Wednesday	3:30-4:30pm	Posey
Thursday	4:30-5:30pm	Saur
Saturday	9:15-10:15am	Posey

Beginning Ballet, Ages 12 and up

An accelerated program for those who have not had the benefit of early ballet training, but who wish to acquire the fundamentals of classical technique. Contrary to popular belief, there have been quite a few successful professional ballet dancers who took their first ballet classes after age 12! Beginning pointe may be added when appropriate.

Thursday	6:30-7:30pm	Giannelli
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Levels A-E and Conservatory I and II

Class placement is at the discretion of the faculty. Dancers should expect to spend at least two years in each level.

Level A, ages 7 and 8

Monday	3:30-4:30pm	Kazantsev
Thursday	3:45-4:45pm	Giannelli
Friday	3:45-4:45pm	Kazantsev
Saturday	10:15-11:15am	Posey

Level B, ages 8-10

Tuesday	3:45-4:45pm	Shea
Wednesday	4:30-5:30pm	Kazantsev
Thursday	5:30-6:30pm	Saur
Friday	4:45-5:45pm	Kazantsev
Saturday	11:15am-12:15pm	Saur

Level C, ages 9-11

Monday	4:45-6:00pm	Shea
Tuesday	4:45-6:00pm	Shea
Wednesday	5:30-6:45pm	Kazantsev
Friday	4:30-5:45pm	Fernandez
Saturday	1:15-2:30pm	Shea (with Pointe and Variations, recommended in addition to Ballet Technique)

Level D, ages 12-14

Intermediate level classes for dancers with ballet experience. Includes pointe-work where specified. There is no weekly class requirement, however, a minimum of two technique classes per week is recommended. Dancers with no experience on pointe should consider supplementing with a Beginning Pointe class. Level D dancers may also add Variations, Choreography Workshop, Contemporary, and Body Conditioning classes with the permission of Ms. White.

Monday	6:45-8:15pm	Shea (includes 15 min. Pointe)
Tuesday	6:00-7:30pm	Shea (includes 15 min. Pointe)
Friday	5:45-7:00pm	Fernandez
Saturday	2:30-3:45pm	Shea (a challenging class including Pointe and Variations, permission required)

Conservatory Division

The Conservatory curriculum is designed for serious ballet students and offers the challenges of a New York City pre-professional program. The requirement for Conservatory Level I is two additional Level B or C Ballet Technique Classes. Beginning Pointe and Character classes are recommended in addition to these classes.

Conservatory II is meant for dancers who wish to make ballet their primary after-school activity and are able to commit a minimum of four days a week to its study. Students must attend a minimum of four Conservatory II or Level D Ballet Technique Classes to be eligible. Contemporary, Body Conditioning, the 45- minute Beginning or Advanced Pointe classes and the Concertdance program are considered supplementary, and do not count toward the total of four classes.

Exceptions to this requirement may be made for dancers who are enrolled in a professional ballet program in Manhattan and with the permission of Diana White. Conservatory students are encouraged to take advantage of as many available classes as possible.

Conservatory I

Monday 4:30-5:45pm

(plus 2 Level B or C Ballet Technique, Character, and/or Beginning Pointe classes)

Conservatory II

Monday 5:45-7:15pm Kazantsev

Tuesday 5:30-7:00pm Tinsley-Williams (includes Pointe)

Wednesday 4:30-6:00pm Fernandez

Thursday 4:45-6:00pm White

Friday 7:00-8:15pm Fernandez (Choreography Workshop)

Saturday 2:30-3:45pm Shea (with Variations)

(Plus any Level D Ballet Class)

Level E Ballet Technique, Ages 14-17

Classes are intended for experienced ballet students who have attended SBS or the equivalent for at least three years and are proficient in the vocabulary and physical demands of a traditional ballet class. Pointe is incorporated into most level E classes. Dancers may supplement their training with Contemporary Dance, Partnering*, Choreography Workshop, Level E Pointe*, Body Conditioning, and Classical Spanish.

Monday 7:15- 8:45pm Kazantsev

Tuesday 7:00-8:30pm Tinsley-Williams

Tuesday 8:30-9:15 Tinsley-Williams (advanced pointe)

Wednesday 6:00-7:15pm Fernandez

Wednesday 7:15-8:15pm Fernandez (Choreography Workshop)

Thursday 6:00-7:15pm White

Thursday 7:15-8:15pm White/Kazantsev (Partnering*)

Saturday 1:00-2:15pm Ruiz (Contemporary)

Saturday 2:30-3:45pm White (Pointe*)

*Includes the opportunity to explore the choreography of Marius Petipa and George Balanchine as a means to develop technique, musicality, and appreciation.

Beginning Pointe

Girls must be at least 10 years old and in Level C or higher. Two additional ballet classes per week are strongly recommended.

Monday	6:00-6:45pm	Shea
Wednesday	6:45-7:30pm	Kazantsev
Thursday	7:30-8:15pm	Giannelli

Choreography Workshop

This curriculum has been developed for serious dance students enrolled in Conservatory II, Level E, and Level D (with permission), who wish to create and participate in the creation of new dance works. Dancers build upon their expertise in ballet technique with additional exercises in composition, improvisation, contemporary movement styles, musicality, and dramatic interpretation. Their works will be showcased in a special event.

Wednesday, Level E	7:15-8:15pm	Fernandez
Friday, Conservatory II and D (with permission)	7:00-8:15pm	Fernandez

Character Dance

Integral to much of the classical repertoire, character dance is a stylized interpretation of folk or national dances such as the Mazurka, Tarantella, Polonaise, and Czardas. Highly recommended as an addition to ballet classes for Levels B and C.

Character shoes and skirts for girls are required. Character boots for boys.

Friday	5:45-7:00pm	Kazantsev
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Classical Spanish Dance

Not to be confused with Flamenco, this class teaches a sophisticated and elegant dance form incorporating specific style, postures, steps, and arm movements of the Classical Spanish genre. This master class is open to Level E and Adult dancers who must enroll for the year. Class cards will not be honored. Conservatory II dancers may be accepted with permission of Mr. Ruiz.

Dress code: Leotard, long Spanish skirt, character shoes

Saturday	11:40-12:55am	Ruiz
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Body Conditioning

Exercises designed to improve ballet technique, strength, and endurance for Levels D, Conservatory II, and E.

Thursday 8:15-9:15 pm Giannelli

Contemporary Dance

This very popular class introduces new movement styles with a fusion modern, ballet, jazz, and national dance forms. This class is off pointe. Enrollment priority is given to Level E dancers. Other dancers must have permission from Ms. White to enroll.

Saturday 1:00-2:15pm Ruiz

Pointe, Variations, and Partnering

These supplementary classes are listed with their respective levels.

ADULT BALLET CLASSES

Open classes for beginning to experienced adult dancers. Payable by single class or 10-class card. Registration and full tuition are required only for the Classical Spanish class.

Beginning Ballet

Wednesday 10:00-11:30am Honneus

Intermediate Ballet

Tuesday (with 15 minutes 10:00-11:45am Laverdiere
optional pointe)

Tuesday 7:30-9:00pm Sobel

Friday 10:00-11:30am White

Saturday 10:00-11:30am Ruiz

Classical Spanish

See description with children and teens classes. Registration is required.

Saturday 11:40am-12:55pm Ruiz