



DANCE SCHEDULE 2016-2017

MONDAY

3:00 – 4:15 Ballet II
 4:30 – 5:30 Modern I
 5:30 – 6:30 Ballet I
 6:30 – 7:30 Barre Fitness @ The Core

TUESDAY

2:30 – 3:15 Pre-Ballet
 3:15 – 4:15 Intro. To Ballet
 4:15 – 5:45 Ballet III Part 1
 6:00 – 7:00 Adult Ballet/Modern/Barre Fitness
 7:00 – 7:30 Adult Company

THURSDAY

3:30 – 4:30 Young Modern
 4:30 – 6:00 Ballet III Part 2
 6:00 – 7:00 Barre Fitness@ The Core

Pre-Ballet 5/7 yr. Olds 45 min. class 1 X weekly \$45/mon.
 Teaches beginning ballet skills and body control while continuing to tap into the creative imagination of the child.

Introduction to Ballet 6/12 yr. Olds 1 hour class 1 X weekly \$50/mon.
 Teaches basic ballet skills, barre' work, posture, flexibility and greater body control.

Ballet I 8/14 yr. Olds 1 hour class 1 X weekly \$50/mon.
 Instills a strong beginning ballet technique, building upon skills previously learned, including barre and center work..

Ballet II 9 – teen 1 ¼ hours class 1 X weekly \$55/mon.
 Develops the dancer's ballet proficiency with greater structure. Introduces more advanced skills and refinement of posture and technique.

Ballet III 11 – teen 1 ½ hours class 2 X weekly \$90/mon.
 Introduces increasingly difficult ballet technique. Meets for a longer period of time, twice a week, to incorporate a larger vocabulary of dance skills.

Adult Ballet/Modern/Barre adults 1 hour class 1 X weekly \$50/mon.
 Ballet, Modern and Barre Fitness will rotate each week. Ballet skills will be the same as level III and modern skills will be at an intermediate level as well.

Young Modern 6/8 yr. Olds 1 hour class 1 X weekly \$50/mon.
 Utilizes creative approaches to teaching expressive movement. Introduces artistry through movement that goes beyond the vertical, working with angles and into the floor. This class is open to boys and girls.

Modern Dance I 9 – teen 1 hour class 1 X weekly \$50/mon.
 Teaches flexibility, core body strength, coordination, expression and artistry. This class is also open to boys and girls.

Barre Fitness @ The Core Adults 1 hour class 1 X weekly \$50/mon.
 Uses an approach of deep plies, extensive abdominal and leg work, and overall body conditioning to develop a long, lean, fit body.

Student's placement will be determined by dance director based on skills displayed, artistry, maturity and age.

Contact Annette Prince at 214-930-5331 or annette.prince1@gmail.com

Visit us at www.thecoretheatre.org – 518 W. Arapaho Rd., Ste. 115, Richardson, TX 75080