

# MARIN BALLET

## *Fall 2009 – Spring 2010*

### 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 2010. 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: August 31 – October 31	October 19 – 24	July 31
Second Quarter: November 2 – January 16	January 11 – 16	October 15
Third Quarter: January 18 – March 27	March 15 – 20 (Pre-Ballet only)	January 15
Fourth Quarter: March 29 – June 5	June 1 – 5 (Movement Exploration only)	March 15

***Pre-Ballet Showcase 2009, presentations for Creative Movement and Ballet Preparatory 1 & 2, will be held on June 5 & 6 in Marin Ballet’s Phyllis Thelen Theater***

#### School Holidays – no classes or rehearsals held

*September 7	Labor Day	*January 18	Martin Luther King Jr. Day
*November 11	Veterans’ Day	February 15 – 21	Midwinter Break
*Nov. 26 – 29	Thanksgiving	April 12 – 18	Spring Break
Dec. 21 – Jan. 3	Winter Break	*May 31	Memorial Day

\*Students whose class falls on this holiday may take an appropriate make-up class.  
***Please see the school calendar for a complete listing of performance and rehearsal dates and school events.***

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

*Marin Ballet, 100 Elm Street, San Rafael, CA 94901*  
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## Pre-Ballet Division

### Class Schedules 2009-2010

#### ❖ MOVEMENT EXPLORATION

**\$160 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
Thursday	3:00 – 3:45 pm	Stephanie Lando (ME/CM)	<i>Girls:</i> Motionwear #2105 cap sleeved leotard in <u>pink</u> (color #472), 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	Ashley Terra (ME/CM)	

#### ❖ CREATIVE MOVEMENT

**\$205 per quarter**

Students must be 4 years old, entering Kindergarten in Fall 2010. Choose any one of the following classes.

Day	Time	Teacher	CM Dress Code
Monday	3:00 – 4:00 pm	Signe Lando	<i>Girls:</i> Motionwear #2105 cap sleeved leotard in <u>pink</u> (color #472), 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.
Thursday	3:00 – 4:00 pm	Stephanie Lando (ME/CM)	
Saturday	9:00 – 10:00 am	Signe Lando	
Saturday	9:00 – 10:00 am	Ashley Terra (ME/CM)	

#### ❖ BALLET PREPARATORY 1

**\$205 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> Motionwear #2105 cap sleeved leotard in <u>lt. blue</u> (color #445), 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.
Thursday	3:00 – 4:00 pm	Signe Lando	
Friday	4:00 – 5:00 pm	Stephanie Lando (Prep 1/2)	
Saturday	10:00 – 11:00am	Signe Lando (Prep1/2)	
Saturday	11:00am – 12:00pm	Stephanie Lando (Prep 1/2)	

#### ❖ BALLET PREPARATORY 2

**\$205 per quarter**

Students must be 6 years old, entering 1<sup>st</sup> 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> Motionwear #2105 cap sleeved leotard in <u>lt. blue</u> (color #445), <b>pink tights</b> , 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	9:15 – 10:15 am	Stephanie Lando	
Saturday	10:00 – 11:00am	Signe Lando (Prep1/2)	
Saturday	11:00 – 12:00 pm	Stephanie Lando (Prep 1/2)	

**Dress Code items may be purchased in San Rafael at:**  
**The Dance Shop, 1201 Second Street, San Rafael, 459-4008**  
**D'Lynnes Dancewear, 1137 Fourth Street, San Rafael, 456-4747**