

BABY BALLET

Thursday 10.30-11.15am

Classes are designed as a wonderful introduction for babies and toddlers to the world of Classical Ballet.

Classes incorporate apparatus and toys which help to develop spatial awareness, social skills, coordination, rhythmic interpretation and concentration. Babies are encouraged to sit up, crawl, walk, march, skip, point their toes whilst developing their social skills, sensory perception and listening skills.

Through well-loved nursery rhymes and classical music, babies and toddlers are encouraged to demonstrate classical ballet steps thus developing their vocabulary in both English and French, as children eventually learn to vocalise the French technical terms for these steps.

The aim of the 'Baby Ballet' class is to inspire babies and children to enjoy music and movement within a dance studio environment, to gain the confidence to move independently whilst developing the coordination and concentration to progress to the 'First Steps' ballet class.



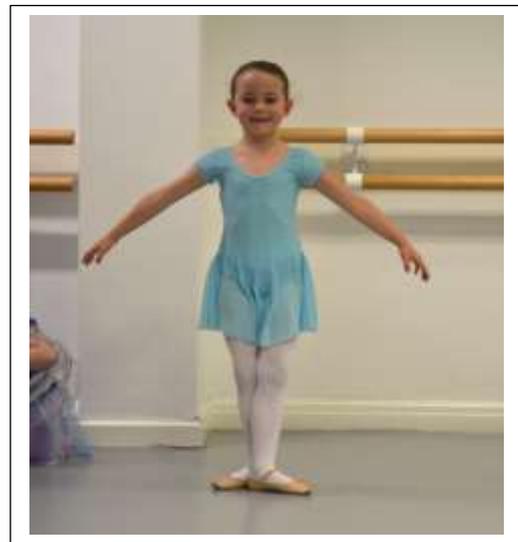
FIRST STEPS BALLET CLASS

Saturday 9.30- 10.15am

Children can engage in dance based activities whilst at a very young age. In the pre-school ballet class, children are encouraged to interpret various pieces of music with dance movement, mime, poetry and song. The class lasts for 45 minutes and is an enjoyable introduction to ballet and dance for ages two and a half years and over.

Pre-school ballet children are invited to participate in the Academy's annual performances and this is upon the understanding, that constant parental supervision during performances of this length and magnitude is essential for children of this age.

When a child has reached a competent level of co-ordination and concentration they will be able to make the smooth transition to proceed to the next level of training. Children are usually aged between four and four and a half years old before they move up into the Primary ballet class. Parents are notified by Miss Hayward as to when their child is ready for this more formal and structured dance class which lasts for one hour.



'BARRE' toned

The one-hour class combines interval training at the barre and on the mat, using controlled movements and your own body weight to work all the major muscle groups, plus active stretching to increase flexibility. As well as burning fat, it will tone and streamline your body—sculpting arms, flattening abs, defining thighs and lifting your rear. Taught by Rachel Hayward an ex - professional ballet dancer, this is the workout you have been waiting for! Places are limited so early booking is advised!



Tuesday 9.30-10.30am
or
Tuesday evening 7.30-8.30pm
&
Friday 10.00 – 11.00am



BALLET CLASS FOR ADULTS

HAVE FUN
GET FIT
NO TUTU REQUIRED!

Ballet is lower impact than aerobics but still burns around 250 calories an hour.

Ballet improves posture, and builds strength and flexibility at the same time.

Dance has health benefits which help people maintain quality of life. So why is ballet so good for us? It gets lots of little-used muscles working and improves posture, so can strengthen sore backs and joints. It could help balance problems, chronic dizziness and may even stave off memory loss.

One of ballet's core ideas is alignment—keeping the head shoulders and hips perfectly balanced and in line at all times, whether standing still or halfway through a pirouette.

“Ballet improves posture, and builds strength and flexibility at the same time, unlike jogging, where you're moving in the same way all the time, ballet gives you a variety of movement. You're moving joints and muscles in different directions and in different ways you might not normal, it's lower impact than aerobics but still burns around 250 calories an hour. It's great for problems such as knee and lower back problems, as it keeps the muscles around the knee strong and helps strengthen your core muscles—deep muscles in your abdominals—which support your back.” says chartered physiotherapist Sammy Margo.

MONDAY : 7.45 – 8.45PM