

## Alexandra School of Ballet

...has been dedicated to the development of young dancers for over 65 years. The school's affiliation with **Alexandra Ballet** provides a unique environment for young dancers. Students are taught technique at an age-appropriate level while challenged to strive for the level of excellence that has come to be expected of the Company dancers.

*Alumni have gone  
on to careers with...*

Alvin Ailey American Dance Theatre  
American Ballet Theatre  
Atlanta Ballet  
Alabama Ballet  
Ballet Austin  
Ballet Hispanico  
Ballet Met  
Basal Ballet (Switzerland)  
Birmingham Royal Ballet (England)  
Charleston Ballet  
Cincinnati Ballet  
Dance Theatre of Harlem  
Houston Ballet  
Joffrey Ballet  
Kansas City Ballet

Louisville Ballet  
Milwaukee Ballet  
Nashville Ballet  
National Ballet of Canada  
New York City Ballet  
New York Metropolitan Opera Ballet  
Orlando Ballet  
Pacific Northwest Ballet  
Pennsylvania Ballet Theatre  
Royal Ballet of Flanders (Antwerp)  
Ruth Page International Ballet  
Saint Louis Ballet  
San Diego Ballet  
San Francisco Ballet  
Verb Ballets

*Alexandra Ballet  
is a proud member of:*

Dance St. Louis  
Missouri Citizens for the Arts  
Regional Dance America/MidStates (Honor Co)

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is funded in part by:*

Missouri Arts Council  
Regional Arts Commission Saint Louis  
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Faculty:

*Alexandra Zaharias, Director*

*Rachel Butchko*

*Norma Gabriel*

*Rebecca Malinski*

*Octavio Nieto*

Dedicated to the highest principles of the art of ballet.

## Curriculum

### Pre-Ballet

An introduction to movement, coordination, rhythm, and music. It is our aim to preserve and properly direct this artistry in a child. The results of this course make it easier for a child to begin the formal training that is required in academic ballet technique. Pre-Ballet is available to children from the age of four to five years.

### Academic Ballet

Technical training that is the basis of all ballet movement. Classes are carefully graded, and the best elements of the Russian, Italian, French, Danish, English, and American styles are used to insure a well-rounded dancer.

### Pointe Work

Classes that are devoted exclusively to the technique of performing ballet movement on pointe for maximum theatrical effect. It is designed for those students who have achieved technical and physical readiness.

### Character

The study of national dances and steps in theatricalized form, incorporating castanets and tambourines. It is essential for learning the folk dances that are part of many classical ballets such as *Coppélia*, *Swan Lake*, and *The Nutcracker*. Character is available to Beginner IV through Advanced level students.

### Modern

Often called barefoot dance or freestyle, modern is a distinct method of training emphasizing rhythm, design, shape, and motion in space. The percussive technique of Martha Graham, as well as the more lyrical technique of the Humphrey/Limon School is taught. Modern is offered to levels Beginner V through Advanced.

### Adult Ballet

Basic barre and center vocabulary introduced, with attention being paid to proper body alignment, use of the legs and feet, and developing movement sequences through coordination and use of arms and head. This class welcomes students with previous dance training, and is subject to the needs of the overall attendees.

## Grade Levels

**Recommended number of classes by grade level:**

### Pre-Ballet

One weekly class for children age four to five years

### Beginner I-II-III

One hour of class or more per week

### Beginner IV

One hour of class or more per week

### Beginner V

Two 1-1/2 hour classes or more per week

### Intermediate I-II

Two 1-1/2 hour classes or more per week

### Intermediate III-IV-V

Three 1-1/2 hour classes or more per week

### Advanced I-II

Three 1-1/2 hour classes per week  
Ballet and Pointe work perfected

## Tuition

One per week	<u>1-hour class</u>	<u>1-1/2 hour class</u>
Two per week	\$ 75 month	\$ 75 month
	\$140 month	\$140 month

Each ballet class over 2 per week is an additional \$20. If taking three or more ballet classes per week the first class in character or modern is full price; the second class is half price. See the school bulletin board for detailed tuition schedule.

Tuition is payable in advance, on or before the 7th of each month. Missed lessons due to illness or holidays may be made up by taking an extra class, if available. The studio is not obligated in any way to refund tuition for missed classes.

## Dress Code

The Alexandra School of Ballet's dress code is designed not only to encourage unity and discipline among students, but also to create incentive for students to attain the next level of achievement.

### Ladies

- Students must be in dress code for every class. Leotard as specified by class level, ballet pink tights (with seams)
- Pink leather ballet shoes, snugly fit
- Leg warmers (optional, pink or white) - No plastic warm ups allowed
- Hair should be pulled back from the face and off the neck. It should be worn in a bun for Ballet, Character and Variations classes if long enough. In Modern class, a ponytail may be worn.
- When dancers arrive and leave the building they must wear street clothing over dancewear.

### Pre-Ballet

Leotard: Pink PrimaSoft #507sk

Tights: Mondor #301, Pink footed with seams

Skirt: None

### Beginner I-II-III

Leotard: Black So Danca #D-197

Tights: Mondor #301, Pink footed with seams

Skirt: None

### Beginner IV-V

Leotard: Light Blue Mirella— M 515

Skirt: Light Blue Mirella- MS 12

Tights: Capezio #9, Classical Pink with seams

### Intermediate I-II

Leotard: Royal Mirella— M 515

Skirt: Royal Mirella- MS 12

Tights: Capezio #9, Classical Pink with seams

### Intermediate III-IV-V

Leotard: Burgundy Mirella— M 201L, M202L or M 207L

Skirt: Burgundy Mirella - MS 12

Tights: Capezio #9, Classical Pink with seams

### Advanced I

Leotard: Wear Moi - French Blue Bacara

Skirt: Wear Moi - French Blue Daphne

Tights: Capezio #9, Classical Pink with seams

## Holidays

The following holidays will be observed:

<b>Labor Day</b>	September 5
<b>Thanksgiving</b>	November 24 - 26
<b>Winter Holiday</b>	December 24 - January 1
<b>Martin Luther King Day</b>	January 16
<b>Presidents Day</b>	February 20

Please be sure to check the studio bulletin boards for class changes and special announcements. If inclement weather conditions prevail, students are advised to check our Facebook page, call the studio at (314) 469-6222, or tune in to News Channel 5.

### Advanced II

Leotard: Wear Moi - Grape Bacara

Skirt: Wear Moi - Grape Daphne

Tights: Capezio #9, Classical Pink with seams

### Pointe Classes

Pink pointe shoes—final fitting by faculty  
Practice Tutu (Intermediate III - Advanced)  
Intermediate-White / Advanced-Pink  
(order through the studio)

### Gentlemen

White So Danca tee-shirt- V2000 or black leotard  
Black tights— PrimaSoft PS57, dance belt  
White leather ballet shoes and socks

### Character

Division leotard and tights  
Knee-length, peasant style skirt  
(order through studio)  
Beige or black character shoes

### Modern Classes:

Black cotton footless tights- Division leotard

## Observation

Parents may watch class during a scheduled observation period during the final weeks of each semester. Dates will be posted on the bulletin board. Due to limited space, each student will be allowed only two parents, and an appointment must be made for observing. Sign-up sheets will be available to reserve your space.

By restricting observation, improvement will be much more apparent, and a visit from a parent will make those times special, creating a performance-like atmosphere of excitement.