

About the Program...

The Children's Creative Dance Club Division at the Ballet Club provides the very best quality of ballet training to students, using a modern, holistic approach. We enable students to discover and develop their own talents and interests in ballet and dance, and class size is limited to ensure individual attention. Our program fosters positive body image and self-esteem.

The curriculum and syllabus were designed by Ms. Easterling-Freifelder. All students in our classes learn body-space awareness, develop musicality, master locomotor and non-locomotor skills, gain physical confidence, and explore the use of time, space, and energy in dance. In addition, all young children's classes incorporate a "play time" that emphasizes developing imaginative skills.

Some of the many benefits of ballet include proper body alignment, good posture, exercise, balance, muscle tone, strength, musical awareness, and focus. Above all, we love the art and craft of dance, and are committed to instilling this joy and knowledge in our students.



Photo: Rachel Neville

The Ballet Club is different:

The Ballet Club was founded by Anne Easterling-Freifelder in 2011. Unlike the traditional approach to ballet instruction, our approach with our students is to stress:

- Individuality
- Creativity
- Focused learning / focus on potential for growth

We offer a unique curriculum developed by the director.

We have a permanent, dedicated staff.

Our Approach to Ballet Instruction:

- Includes integrating traditional techniques along with new approaches that bring the art form forward and make it more accessible.
- an innovative but classical approach
- Single instructor classrooms, concentrating student attention
- Promote focused learning
- Provide a holistic approach to ballet instruction
- Provide a non-judgmental, open environment which recognizes that the needs and skills of each child differ
- Recognize and develop talent
- Unique curriculum is designed to engage all students in a positive and joyful way

The Ballet Club is a school where children are going to be assessed as individuals and have an opportunity to grow on their own terms.

Anne Easterling-Freifelder, Director

Anne Easterling-Freifelder is a master ballet teacher and choreographer. She has performed a wide range of both classical and modern work in the United States and in Europe. She has been a teacher of ballet and creative dance since 1997, and is the developer of a unique approach to ballet instruction. Ms. Easterling-Freifelder received her Master of Fine Arts Degree in Dance from New York University's Tisch School of the Arts. She is the author of *Discovering Ballet: A Guide for Teachers of Young Children*.



The Ballet Club

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SCHEDULE for WINTER/SPRING TERM, 2022

Offerings

SUN	MON	TUE	WED	THUR	FRI	SAT
						9:30 AM DANCE TOGETHER AGES 2-3
11:00 AM-12:30 PM BALLET LEVEL E						10:30 AM BALLET AGES 3-4
12:45-2:45 PM BALLET LEVEL B/C						11:30 AM BALLET AGES 4-5
3:00-5:00 PM BALLET LEVEL A & A SENIOR						12:30 AM BALLET AGES 5-6
5:00-6:00 PM POINTE LEVEL A & A SENIOR			3:30 PM BALLET AGES 3-4	3:30 PM BALLET AGES 4-5		1:30-3:00 PM LEVEL D
		4:45-6:15 PM BALLET LEVEL D	4:30 PM BALLET AGES 6-8	4:30-6:00 PM BALLET LEVEL C		3:15-4:45 PM BALLET LEVEL A SENIOR
			6:15-8:15 PM BALLET LEVEL A/B & A SENIOR	6:15-7:45 PM BALLET LEVEL A/B & A SENIOR		
				7:45-8:15 PM POINTE LEVEL A & A SENIOR		

Children's Creative Dance Club Division, ages 3-9 years

These classes introduce the student to age-appropriate pre-ballet/ballet technique, musicality, and vocabulary. "Story Time" is incorporated into each class where students are introduced to the history of ballet and to the stories and music of the great classical ballets, following musical exercises from the book, *Discovering Ballet: A Guide for Teachers of Young Children* written by Ms. Easterling-Freifelder. Students participate in a performance in the spring.

Dance Together Division, ages 18 months-3 years

These classes for very young children and their caregivers weave together elements of movement, dance, and imaginary play in a child-centered environment. Story-telling, songs, movement games, nursery rhymes, and music shape children's dance and creative movement experiences. Through guided exploration, children also have the opportunity to relate to others and to begin to learn the skills of participating in a dance class.

Performing Arts Pre-Professional Division, ages 7-teens

The PAPP Division provides students with an outstanding opportunity to excel and become fluent in ballet, with an emphasis on technique, creativity, choreography, and performance. See PAPP Brochure for additional details.

Class Attire

Girls: leotard, tights, ballet shoes
hair neatly secured away from face

Boys: snug shirt, black jazz pants or tights, ballet shoes