

August 2020 Classes Barriskill Dance Theatre School

Classes run August 3-14, 2020. Tuition is calculated based on the tuition scale on our website (<https://www.barriskilldance.com/tuition>) and will be pro-rated for the two weeks. In person classes are limited to 9 students. You will receive an email with instructions for pick up and drop off for in person classes or Zoom ID and Password for livestream/virtual class prior to the start date of class.

Monday

Conservatory Ballet 5 & 6 (Online) 4:15-5:15pm

During this one hour lesson, you will be working on your ballet technique, keeping up with strength building exercises, and getting personal corrections as time allows. Please make sure you have a dedicated dance area with a stable barre or chair (not on wheels) at the correct height. A smooth flooring is preferred.

Pre-Professional/Advanced Ballet (Online) 5:30-6:45pm

Advanced ballet technique class using barre work and limited center work to keep you in shape, with additional exercises and combinations on pointe.

Stretch and Strength (Online) 6:45-7:45pm

During this class, I will be leading you through a series of stretches and exercises using ropes, and ankle weights on the floor. A yoga mat or non-slip rug is required. These exercises are designed to increase your range of motion in your joints safely, while adding weight bearing exercises to increase your stability and strength for your dancing. This class is also great for overall fitness and can be used as a warm up for other dance classes in the future. Parents can also join in!

Tuesday

Ballet 1 & 2 (In Studio or Livestream) 4:15-5:15pm

For Ballet students placed into Ballet 1 or Ballet 2 for the 2020-2021 season.

Open Yoga (Online) 5:15-6:15pm

A Vinyasa style practice, this class focuses on connectivity between yoga asana (postures) and self-observation. We utilize breath as a primary instigator of movement and nurture our anatomical awareness in motion. We practice with special attention toward physical efficiency and transitions in our body's physical presence.

Restorative Ballet (Online) 6:30-7:30pm

Focusing on anatomical structures and kinesio-efficiency, this practice works to reconnect to the functional movements within ballet technique. We let go of the formal structure of ballet class,

and craft progressions based on kinesio-concepts. Each class begins with a re-introduction to a joint or muscle relationship within our bodies that allows us to access the lines and forms that construct balletic action.

Wednesday

Ballet 5/6/7/8 (Online) 4:15-5:15pm

you will be working on your ballet technique, keeping up with strength building exercises, and getting personal corrections as time allows. Please make sure you have a dedicated dance area with a stable barre or chair (not on wheels) at the correct height. A smooth flooring is preferred. Students placed in conservatory/pre-professional ballet levels.

Thursday

Advanced/Pre-Professional Ballet (Online) 4:30-5:30pm

Advanced ballet technique class using barre work and limited center work to keep you in shape, with additional exercises and combinations on pointe.

Friday

Hippity Hop (In Studio) 4:30-5:15pm

For students ages 4-6 all experience levels.

Conservatory Ballet 5 & 6 (Online) 5:00-6:00pm

During this one hour lesson, you will be working on your ballet technique, keeping up with strength building exercises, and getting personal corrections as time allows. Please make sure you have a dedicated dance area with a stable barre or chair (not on wheels) at the correct height. A smooth flooring is preferred.