

**Pia Bouman School for Ballet and Creative Movement**  
**Schedule 2023-24**  
**BY AGE with DESCRIPTION**

<b>Young Children's Program</b> <i>for all boys and girls ages 4 - 6</i>			
AGE	CLASS	DAYS OFFERED	DESCRIPTION
9 - 20 months	<b>Dance with me!</b>	Tue. 10:45 - 11:30am	For 9 - 20 months' old babes or toddlers with their parents, grandparents or caregivers: discover how you can move and dance together! Each session is 6 weeks long.
Age 2.5 - 3.5 (2.5 by Dec 31)	<b>Music &amp; Movement 1</b>	Sat. 9:30 - 10:15am	Do you hear what I play? Reach as high as the high note, move as low as the low notes... Musicality is developed and with it a sense of rhythm.
Age 3.5 - 4.5 (3.5 by Dec 31)	<b>Music &amp; Movement 2</b>	Sat. 10:15 - 11:00am	Let's explore more of music and rhythm, musical phrasing and energy!
Age 4 - 5 (4 by Dec 31)	<b>Early Dance 1</b>	Tue. 4:30 - 5:15pm Sat. 10:30 - 11:15am	Words, rhythm and music together foster imagination and helps children harness their energies and master traveling steps and shapes.
Age 5 - 6 (5 by Dec 31)	<b>Early Dance 2</b>	Sun. 9:30 - 10:15am	Now there is more focus on how to stand like a dancer, how to balance, and how to make your hands and arms become part of your dance. Further development of movement vocabulary.

<b>Young Dancers and Recreational - Program A</b> <i>for students ages 6 - 9</i>			
AGE	CLASS	DAYS OFFERED	DESCRIPTION
Age 6 - 7 (6 by Dec 31)	<b>Primary Ballet</b>	Wed. 4:30 - 5:30pm Sun. 10:15 - 11:15am	The first steps for our young dancers into Classical Ballet! Discover how to jump and fill your traveling steps with energy!
Age 7 - 8	<b>Cecchetti Grade 1 (BB1)</b>	Tue. 5:15 - 6:15pm Sat. 12:00 - 1:00pm	Stance, turn-out and the understanding of the use of 'opposition' together develop coordination. Introduction of simple character steps.
Age 8 - 9	<b>Cecchetti Grade 2 (BB2)</b> Two classes/week are strongly recommended	Mon. 4:30 - 5:30pm Thur. 6:00 - 7:00pm	The more we understand, the better we remember <i>how to</i> and the more <i>joy</i> dance brings. The small jumps or the bigger traveling steps...learn to how to!

**Beyond the Language of Classical Ballet!**

*The following 'Beyond Ballet' classes can be enjoyed in combination with the Ballet class of your level (Primary, Grade 1 or 2), or taken on their own. A 'Beyond Ballet' class does not qualify as a second class in preparation for exams or for Nutcracker participation. These classes have great value, enriching the personal dance experience for each young dancer.*

**National Dance (ISTD) 3:** Mon. 5:30 - 6:15pm, Ages 8 - 12: The joy of learning traditional folk dances from different countries and learn about their tradition and culture.

**Creative Movement 1-2:** Wed. 5:30 - 6:15pm, Ages 8 - 10: Develop your 'personal dance vocabulary' and dance your story.

**Hip Hop 1:** Sat. 11:15am - 12:00pm, Ages 8 - 10

**Hip Hop 2:** Tue. 6:15 - 7:15pm, Ages 9 - 11: You explore the fun of one of today's dance-languages.

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**Young Dancers and Recreational - Program B**  
*for students ages 9 - 12*

Age 9 - 11	<b>Cecchetti Grade 3 (BB3)</b> Two classes/week are strongly recommended	Wed. 5:00 - 6:00pm Sun. 11:15am - 12:15pm	Dance is a journey of discovery and joy: the joy of balance, of your first pirouette (it won't be the last) of learning adage and allegro. Discover how your eyes help you understand space and spread your wings!
Age 9 - 12	<b>Cecchetti Grade 4 (BB4)</b> Two classes/week are strongly recommended	Mon. 4:30 - 5:30pm Thur. 4:30 - 5:30pm	The journey continues... The last of the basic ballet technique for in our Young Dancers' program, for ages 9-12.

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**National Dance (ISTD) 3:** Mon. 5:30 - 6:15pm, Ages 8 - 12: *The joy of learning traditional folk dances from different countries and learn about their tradition and culture.*

**Hip Hop 3-4:** Sat. 11:15am - 12pm, Ages 10 - 13: *Discover the challenges of this energetic expression.*

**Nutcracker:** *To perform in our production of Nutcracker means you become part of a beautiful tradition. (Do not count as a Beyond Ballet for the discount package deal).*

**Pia Bouman School's annual Nutcracker** is a highly acclaimed seasonal production. To audition, students from the above program must be 8 years old and enrolled for **minimally two ballet classes/week for the full school year**, thus demonstrating commitment and a love of classical ballet and storytelling.

**Pre-Professional Program A**  
**RAD Higher Grades 6 & 7 & RAD Vocational levels and**  
**The Ballet Technique classes 1, 2 and 3**

AGE	CLASS	DAYS OFFERED	DESCRIPTION
Ages 11 - 12	<b>Technique 1</b> <b>Pre-pointe</b>	Tue. 4:30 - 5:30pm Thur. 5:30 - 6:30pm Tue. 5:30 - 6:00pm	With correct body placement and increased core-strength, stamina improves. Stretches to improve flexibility and strength for Adage and more Allegro!
Ages 11 & up	<b>RAD Intermediate Foundation &amp; Pointe</b> <i>(combine w. Technique 2)</i>	Fri. 4:30 - 6:00pm	The first of the 'Vocational Graded' RAD syllabi, adds the challenge of performance with a choice of two different solo variations. Introduction of pointe work.
Ages 12 & up	<b>RAD Grade 6</b>	Mon. 4:30 - 5:30pm Wed. 4:45 - 6:15pm	The first of RAD Higher Grades. This beautiful syllabus has a style that finds its base in the Romantic period of ballet. Most dance sequences are performed as duets.
Ages 12 & up	<b>Ballet Technique 2</b>	Mon. 5:30 - 7:00pm	To 'imprint' the body and mind with correct ballet technique develops 'good instincts' for the execution of steps, turns and more complex combinations as required for the RAD exams for Higher Grades & Vocational levels.

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Ages 13 & up	<b>RAD Intermediate &amp; Pointe</b>	Mon. 5:30 - 6:30pm Wed. 6:15 - 8:15pm	This syllabus paves the way for the demands at the Advanced levels. Learn to soar, land with precision and find the beat of 'batterie'!
Ages 13 & up	<b>RAD Grade 7 Ballet</b>	Mon. 6:30 - 7:30pm	Grade 7 continues the style of the Romantic Era of Ballet. The Focus: articulation and musicality through the arms and developing a flexible upper back. It includes 'ballet character' work based on the Polish dance tradition.
Ages 13 & up	<b>Technique 3</b> <b>Pointe 3</b>	Tue. 6:15 - 7:45pm Tue. 7:45 - 8:30pm	Concentrates on perfecting the technique behind the Intermediate and Grade 7 steps and offers the challenges of Advanced levels.

**Beyond the Language of Classical Ballet**  
*Choose any of the following options to complete your dance experience.  
 Discover and embrace the many expressions dance can bring.*

**National Dance (ISTD) 5:** Tue. 7:45 - 9:15pm, Ages 14 & up: The ISTD National Dance syllabus celebrates the rich cultures and dance traditions of different countries. The solo dances often 'tell a story', the group dances celebrate dance as a communal experience. Group & solo exams are optional.

**The Company: YMI Dancing (since 1992):** Auditions are held in February. Company classes and Company Repertoire and new choreography are on Thursdays. Rehearsals are on Thursdays Thur. 4:30 - 8:00pm. January 2024: onwards also on Sundays in preparation for the annual Spring performances. (YMI Company classes do not count as a Beyond Ballet for the discount package deal).

**Pre-Professional Program B**  
**(RAD Advanced levels, RAD Grade 8 Award and Technique 4 & 5)**  
*Students are advised to take 5 -7 hours/week (classes include pointe)*

Age 14 & up	<b>RAD Advanced Foundation</b>	TBD	TBD
Age 14 & up	<b>RAD Advanced 1 &amp; Pointe</b>	Mon. 7:30 - 9:30pm Tue. 6:15 - 7:45pm	What a challenge, this syllabus: it concentrates on technique, artistry and musicality with focus on 'batterie', Grand Allegro, pointe work and choice of a classical or contemporary Variation. The required technique for this level benefits from <i>Technique 4 and Pointe 3-4</i> .
Age 14 & up	<b>Technique 4-5</b>	Sat. 10:00 - 11:30am	Hone the skills needed for the Advanced 1 and 2 levels. Satisfaction and joy are the rewards.
Min. age 14	<b>RAD Advanced 2</b> <b>RAD Advanced 1-2</b>	Wed. 6:15 - 7:45pm Sat. 1:15 - 3:15pm	Students must have the technique required for this level. To partake in the Adv. 2 RAD exam, dancers must have passed RAD Advanced 1.
Min. age 14 <i>No upper age limit</i>	<b>Classical Variations</b>	Wed. 7:45 - 9:15pm	Solo variations and duets from the classics! <i>Swan Lake, Paquita, Giselle</i> and so many more... Proficiency on pointe (Advanced 1 level) is advised.
Min. age 14	<b>Partnering Class</b>	Sat. 11:30am - 1:00pm	Learn how to partner each other: in supported adage, pirouette, and supported Grand Allegro!

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**ADULT BALLE**

*for Ages 18 & up*

*These classes are for anyone age 18 and up: you can keep dance a part of your life*

CLASS	DAYS OFFERED
<b>Adult Beginner Ballet (Level 1)</b> <i>Did you always want to dance? Never too late to start.</i>	Mon. 7:00 - 8:30pm
<b>Adult Intermediate Ballet (Level 2)</b> <i>Dance in the morning Intermediate level</i>	Tue. 10:00 - 11:30am
<b>Adult Intermediate/Advanced Ballet (Level 2-3)</b> <i>For the more experienced dancer</i>	Wed. 6:15 - 7:45pm
<b>Adult Ballet Technique 3-4 (Level 3-4)</b> <i>For the more experienced dancer</i>	Thur. 6:30 - 8:00pm

**Beyond Ballet for 18 and up**

**National Dance (ISTD) 5:** Tue. 7:45 - 9:15pm: For the joy of dance

**Adult Barre Fitness:** Sat. 9:30 - 10:15am: Before lunch or after lunch...