



Where the beauty of the Vaganova method inspires a new generation of dancers.



2024-2025

GENERAL INFORMATION



2024-2025 CALENDAR

Where the beauty of the Vaganova method inspires a new generation of dancers.

2024-2025 Calendar

Dates are subject to change

September 3	First Day of Classes	
October 14 (week of)	Parent Observation Week	
October 31	Halloween	NO CLASSES
November 27-29	Thanksgiving Break	NO CLASSES
December 23-January 2	Holiday Break	NO CLASSES
January 4	Classes Resume	
January 13-24	Mid-Year Parent Progress Meetings	
February 17-22	Winter Recess	NO CLASSES
April 14-19	Spring Break	NO CLASSES
May 26	Memorial Day	NO CLASSES
June 2 (week of)	Exams	
June 9 (week of)	Parent Observation Week	
June 28	Last Day of Classes	



2024-2025 SCHEDULE

Where the beauty of the Vaganova method inspires a new generation of dancers.

	Monday	Tuesday	Wednesday	Thursday	Saturday
Pre-Ballet I					Pre-Ballet I 9:30-10:15 Tap & Jazz 10:15-10:45
Pre-Ballet II		Pre-Ballet II 4:15-5:00 Rehearsal 5:00-6:30	Pre-Ballet II 4:15-5:00 Contemporary PB II 5:00-5:45		Pre-Ballet II 10:15-11:00 Stretch for PB II 11:00-11:15
Pre-Ballet III		Pre-Ballet III 4:15-5:00 Rehearsal 5:00-6:30	Pre-Ballet III 5:00-5:45 Contemporary PB III 5:45-6:15	Pre-Ballet III 5:30-6:15 Stretch for PB III 6:15-6:30	
Ballet I	Ballet I 4:15-5:30 Contemporary B I 5:30-6:15	Rehearsal 5:00-6:30	Ballet I 5:45-7:00	Ballet I 4:15-5:30	Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00
Ballet II	Contemporary B II 4:30-5:30 Ballet II 5:30-7:00	Rehearsal 5:00-6:30 Ballet II 6:30-8:00 Pointe 8:00-8:30		Ballet II 6:30-8:00 Pointe 8:00-8:30	Ballet II 11:15-12:45 Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00
Adult	Adult Contemporary 6:15-7:00 Adult Ballet 7:00-8:30 Adult Rehearsal 8:30-9:15		Adult Ballet (best for beginners) 7:00-8:30 Adult Rehearsal 8:30-9:15	Adult Ballet 10:30am-12:00pm	Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00 Adult Ballet 3:00-4:30 Adult Pointe 4:45-5:15

Pre-Ballet I	Pre-Ballet II	Pre-Ballet III	Pre-Ballet Boys
			
WHITE	PINK	LILAC	WHITE/BLACK
Ballet I	Ballet II	Ballet II (skirt)	Ballet I&II Boys
			
PURPLE	PRUNE	PRUNE	WHITE/BLACK

Girls

Level	Leotard	Color	Skirt	Tights/ Socks	Shoes
Pre-Ballet I	Wear Moi "Faustine"	WHITE	None	White thin folded socks	Pink canvas split-sole ballet shoes with satin ribbons
Pre-Ballet II	Wear Moi "Faustine"	PINK	None	White thin folded socks	Pink canvas split-sole ballet shoes
Pre-Ballet III	Wear Moi "Faustine"	LILAC	None	Bloch "Contoursoft" in Salmon or Flesh toned	Pink or Flesh toned canvas split sole ballet shoes *shoes must match tights
Ballet I	Wear Moi "Faustine"	PURPLE	None	Bloch "Contoursoft" in Salmon or Flesh toned	Pink or Flesh toned canvas split sole ballet shoes with satin ribbons *shoes must match tights
Ballet II	Wear Moi "Faustine"	PRUNE	Wear Moi "Alegro" in PRUNE	Bloch "Contoursoft" in Salmon or Flesh toned	Pink or Flesh toned canvas split sole ballet shoes with satin ribbons *shoes must match tights

Boys

Level	Top	Bottoms	Socks	Shoes
Pre-Ballet I, II & III	White fitted short sleeve t-shirt	Black fitted shorts	White thin socks (NOT gym socks)	White canvas split-sole slippers
Ballet I & II	White fitted short sleeve t-shirt	Black footed dance tights	White thin socks (NOT gym socks)	White canvas split-sole slippers

Pre-Ballet Division

Pre-Ballet I, II & III Students ages 3-9

Inna Ballet offers classes in the renowned Vaganova method for even the youngest of dancers. Pre-Ballet classes feature gentle, age-appropriate floor and center exercises to develop muscle skills, coordination, musicality and spatial awareness.

Students gradually learn ballet vocabulary and elementary barre technique. By the time your dancer is in Pre-Ballet III, they have already entered the formal study of classical ballet. Upon mastery of Pre-Ballet III, students are well-equipped to handle the more rigorous training that begins in Ballet I.

Pre-Ballet I

Saturday

Ballet 9:30-10:15
Tap/Jazz 10:15-10:45

Pre-Ballet II

Tuesday

Ballet 4:15-5:00
Rehearsal 5:00-6:30

Wednesday

Ballet 4:15-5:00
Contemporary 5:00-5:30

Saturday

Ballet 10:15-11:00
Stretch 11:00-11:15

Pre-Ballet III

Tuesday

Ballet 4:15-5:00
Rehearsal 5:00-6:30

Wednesday

Ballet 5:00-5:45
Contemporary 5:45-6:15

Thursday

Ballet 5:30-6:15
Stretch 6:15-6:30

Females:

Pre-Ballet I

WHITE Wear Moi "Faustine" leotard, thin white folded socks, pink canvas split sole ballet shoes

Pre-Ballet II

PINK Wear Moi "Faustine" leotard, thin white folded socks, pink canvas split sole ballet shoes

Pre-Ballet III

LILAC Wear Moi "Faustine" leotard, Bloch "Contoursoft" footed tights in SALMON, pink canvas split sole ballet shoes

Males:

Pre-Ballet I, II & III

White fitted short sleeve t-shirt, black fitted shorts, thin white socks (not gym socks) & white canvas split sole ballet shoes



2024-2025 BALLET DIVISION

Where the beauty of the Vaganova method inspires a new generation of dancers.

Ballet Division

Ballet I & II Students ages 10-15

Inna Esipova teaches all Ballet I and II classes which form the heart of the authentic Vaganova program. These classes feature comprehensive dance instruction that is not limited to outstanding technique. Artistry, theatricality, self-discipline and a foundation in the classical ballet repertoire are all integral parts of the classroom curriculum. A student will be introduced to pointe when ready.

It takes years to develop the muscle control, posture, balance and expressiveness that are the hallmarks of the authentic Vaganova method. Progress is built upon mastery of prior skills. It is not unusual for a student to remain at a level for more than one year.

Ballet I

Monday

Ballet 4:15-5:30
Contemporary 5:30-6:15

Tuesday

Rehearsal 5:00-6:30

Wednesday

Ballet 5:45-7:00

Thursday

Ballet 4:15-5:30

Saturday

Stretch & Strength
1:00-2:00
Barre on the Floor
2:00-3:00

Ballet II

Monday

Contemporary 4:30-5:30
Ballet 5:30-7:00

Tuesday

Rehearsal 5:00-6:30
Ballet 6:30-8:00
Pointe 8:00-8:30

Thursday

Ballet 6:30-8:00
Pointe 8:00-8:30

Saturday

Ballet 11:15-12:45
Stretch & Strength
1:00-2:00
Barre on the Floor
2:00-3:00

Females:

Ballet I

PURPLE Wear Moi "Faustine" leotard, Bloch "Contoursoft" footed tights in SALMON, pink canvas split sole ballet shoes with satin ribbons

Ballet II

PRUNE Wear Moi "Faustine" leotard, Bloch "Contoursoft" footed tights in SALMON, pink canvas split sole ballet shoes with satin ribbons

Males:

Ballet I & II

White fitted short sleeve t-shirt, black footed dance tights, white thin socks (not gym socks), white canvas split sole ballet shoes



2024-2025 ADULT DIVISION

Where the beauty of the Vaganova method inspires a new generation of dancers.

Adult Division

Ages 16 and up

Since Inna Ballet first opened in 2011, the Adult Division has been a vibrant and integral part of its school community and a valuable resource for those in the greater Rochester area at a time when ballet for adults, particularly adult beginners, was hard to find. Inna Ballet's Adult Division is a place where adults are never dismissed as "too old". Instead, even adult beginners are encouraged to advance at their own pace as far as they want to go.

**Inna Ballet's Adult Division accepts students aged 16+
No prior dance experience is necessary.**

Performance opportunities abound. Adults perform their chosen variations in school recitals and if interested join the school-sponsored adult competition team.

<p>Monday Contemporary 6:15-7:00 Ballet 7:00-8:30 Rehearsal 8:30-9:15</p>	<p>Thursday Ballet 10:30am-12:00pm</p>
<p>Wednesday Ballet 7:00-8:30 (best class for beginners) Rehearsal 8:30-9:15</p>	<p>Saturday Stretch & Strength 1:00-2:00 Barre on the Floor 2:00-3:00 Ballet 3:00-4:30 Pointe 4:45-5:15</p>

Females:

Black camisole leotard, pink, flesh toned or black ballet tights, pink, flesh toned, or black canvas split sole ballet shoes. *Please try to match tights with ballet shoe color* (it elongates the line)

Males:

White fitted short sleeve t-shirt, black dance tights, dance belt and black canvas split sole ballet shoes



2024-2025

GENERAL POLICIES

Where the beauty of the Vaganova method inspires a new generation of dancers.

General Policies

Schedule is subject to change.

A class can be canceled if less than 3 people are enrolled.

Classroom Rules

Street shoes are not allowed on the dance floor.

Students must be dressed in the appropriate attire for the class.

Student's hair must be pulled away from the face, and if long enough, must be secured in a bun. No jewelry in the studio.

No gum, food or drink, except water, in the studio.

Students arriving late must wait at the door until permitted to enter the studio.

Disruptive behavior may result in a student being asked to sit out a class or being sent home, and if the disruptive behavior continues, possible suspension or dismissal from Inna Ballet, with no refund.



2024-2025 ANTI-BULLYING POLICY

Where the beauty of the Vaganova method inspires a new generation of dancers.

ANTI-BULLYING POLICY

1. Bullying in any form will not be tolerated: physical, emotional, social, verbal, electronic, direct or indirect.
2. Prohibited behaviors include physical intimidation, injury, coercion, unpermitted touching, verbal threats, denigration of character or abilities, sexual harassment, and things of like nature whether in person or by cell phone, on the internet or in social media.
3. Inna Ballet is committed to maintaining a safe learning environment for everyone. Repeated violations of classroom and/or studio etiquette (see Inna Ballet Policy and Procedures for details) create a hostile environment that amounts to bullying. Disruptive students will be asked to sit out the class. Students who repeatedly disrupt may be suspended or dismissed from Inna Ballet without refund.
4. Parents are asked to lead by example and to encourage their student to accept responsibility for his or her own performance and behavior.
5. If you or your child is being bullied, or you witness an incident of bullying, please alert Inna as soon as possible. This can be done by telling Inna or leaving an anonymous note in the mailbox. Each situation is unique, but all will be taken seriously and treated with urgency and sensitivity.

Parent/Adult Name (Print)

Parent/Adult Signature

Date

Student Name (Print)

Student Signature

Date

For your convenience, please visit our
Parent/Student Portal



to register, sign up and pay for classes.