



# 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