

BALLET/POINTE

Ballet technique is the foundation for training at Art In Motion. A.I.M's unique syllabus exposes students to traditional techniques (Russian/Italian/American) with specific emphasis on understanding correct/proper body placement, muscular strengthening, building of cardiovascular stamina, increased flexibility. Clear explanations of exercises and theory help students use the ballet vocabulary in a practical way leading to increased understanding, development, and enjoyment. The discipline and practice required in ballet promotes organizational skills, concentration levels, commitment, memorization, and self-expression. Studying ballet challenges the mind and improves spatial and kinesthetic awareness. Ballet is a challenging discipline that develops coordination, mental acuity, and an ear for music.

*Pointe class concentrates on the transference of ballet steps from demi-pointe to pointe and is introduced only when a dancer has developed sufficient strength in the feet and legs necessary for this discipline. **Permission is needed by the instructor for admission into pointe class.***