

# RRCA Dance Academy

Education – Experience – Excitement – Excellence

## CECCHETTI BALLET SYLLABUS

The Cecchetti Method offers a teacher a completely balanced and analyzed system of theory and execution for the planned development of the ballet student from the first lesson to the pre-professional level.

There are eight grades, consisting of four student and four professional levels (Elementary, Intermediate, Advanced, and Diploma). There is also a carefully executed primary syllabus for pre-ballet students.

The Cecchetti syllabus is an internationally recognized system of classical ballet training which includes graded examinations that are practiced extensively in professional training programs and recreational programs around the world. Teachers entering students into exams in the Cecchetti syllabus must have attained their Certification with the Cecchetti Council of America through extensive training and teaching examinations. Upon completion of the examination, students receive a certificate and a detailed report outlining areas that need improvement and positive overall comments.

The River Raisin Dance Academy prides itself in providing both teachers and students with outstanding training and instruction in the Cecchetti syllabus. Visit [www.cecchetti.org](http://www.cecchetti.org) or [cecchetti-emich.org](http://cecchetti-emich.org) for more information.



### *About the RRCA Dancers*

*“Their work reflects a highly sophisticated classical training. Their technique is strong and sure. Their jumps are strong and pliant, their turns assured, and their epaulment and port de bras are detailed and expressive.”*

*David Curwen, Professor – WMU*

*The RRCA offers Performing Arts Education at its Best!*



## Classes at the RRCA



### Pre-Primary & Primary Ballet (5-7 years)

Pre-ballet provides an encouraging and positive atmosphere which allows children to learn the technical skills and gain the strength and focus needed for more structured dance classes. In pre-ballet, children begin to develop the balance, posture, flexibility, strength and discipline required for all dance forms.



### Ballet (Ages 8 – Adult)

Ballet is a classical art form that explores the strength and beauty of dance. Students develop poise, flexibility, strength, discipline and self-confidence in a range of classes from beginner through advanced levels. Dance and movement elements gained through ballet technique will strengthen jazz and tap technique. The School follows the Cecchetti method of ballet training to provide the student with a solid understanding of classical technique. (For students to be considered for the Cecchetti ballet examinations, they must be registered in a minimum of two ballet classes per week of the same level.)

### Pointe

A unique and specialized technique, pointe work allows female students to explore this extension of ballet. Pointe work demands a specific physical strength and flexibility in the structure of the student's foot, as well as in their overall physical strength and ballet technique.

This class is available to students in ballet level III or higher by invitation from our teaching staff. Students enrolled in any level of pointe class must take three ballet classes per week.

### Partnering

Classes in Pas de Deux work are offered for intermediate and advanced male and female dancers. Students are selected by the instructor to participate.





## Ballet Variations

Repertoire classes are offered for intermediate/advanced dancers. Students learn classical and neo-classical variations from ballets such as *Giselle*, *Don Quixote*, *Sleeping Beauty*, *Swan Lake*, *La Fille Mal Gardee*, *La Corrsaire*, *Coppelia*, and *La Bayadere*.

## Tap (Ages 5-Adult)

Tap dancing is one of the most popular dance forms of all time. It's a fun way to exercise and terrific for developing coordination, rhythm and concentration. From its beginning in the early 1900s, tap dance has evolved from a basic form of communication to the tap technique we know today. Today's tap vocabulary has developed from vaudeville, soft shoe, clogging and jazz tap style.

## Jazz (Ages 6-Adult)

Jazz is a diverse, powerful and dynamic dance style that improves overall coordination and flexibility. In this fast-paced, challenging and fun environment, students learn technique as well as dance combinations set to classical jazz and current music. Most jazz classes will include Contemporary Jazz and Hip Hop styles.

## Modern Dance (Ages 12-Adult)

Modern dance technique is designed to develop the mind, body and spirit to be an expressive communicator through movement. Structured technical exercises that condition the body for strength, coordination and flexibility are developed. Students will learn techniques that focus on correct alignment, fall and recovery, centering, and proper articulation of the joints, which are developed through warm-up exercises, center floor work and larger combinations.

## Men's Class

The focus of Men's class is on virtuosity preparing the male dancer for jumps, beats, and turns.





## Hip Hop (Ages 10-Adult)

Students will be taught the various styles of Hip Hop and learn to dance the current moves of today's hottest dance style. It is recommended that serious students include one jazz class per week along with Hip Hop.

## Musical Theatre (Ages 10-Adult)

Students learn dance technique to develop posture, stance and dance knowledge in this class which is geared to strengthen and develop the musical theater student.

### *Non-Performance Classes*

## Get Fit Sessions (Teen-Adult)

This is a class for adults and teens alike. A series of fun classes to keep in shape: Burn The Fat Tap, Body Conditioning, Ballet Stretch, and Ballroom are some of the classes designed for fun and fitness. All levels are invited!

## Mommy/Daddy and Me (Ages 2-3)

This class bonds child and parent through the joy of music and dance. Musical instruments, props and creative movements are used to engage both parent and child.

## Pre-School Creative Movement (Ages 3-4)

A 30 minute class designed to develop a child's imagination through movement and enjoyable exercises.

## Pre-School Rhythm and Tap (Ages 3-4)

A 30 minute class designed to develop a child's rhythm through games and tactile exercises. Simple tap steps are taught in a fun environment.



# *The Best in Dance Education*

*Call to enroll*

*734-242-RRCA*

*[www.riverraisincentre.org](http://www.riverraisincentre.org)*