

PRICES/ SCHEDULE/ GOALS

PRIVATE LESSON (CASUAL): \$50

TIME: 45MIN, THURSDAYS OR FRIDAY @ 4:00 PM - 4:45PM

This class is designed for absolute beginners in dance. Where you will work: body posture, correct alignment, coordination, musicality and balance, position of the arms and feet, musicality balance and artistry.

The class will consist of: Warm up, 4 Basic barre exercises, 3 Basic centre exercises and Stretch.

PRIVATE LESSONS (PACK OF 8 WEEKS): \$460

TIME: 90MIN, THURSDAY OR FRIDAY @ 4:00 PM - 5:30 PM

This class is designed for absolute beginners, who would like to continue working on the basic aspects of classical ballet technique. This course will prepare the student to further participate in our beginner course or auditioning in other formal ballet schools, after completing this course (per 4 consecutive Terms).

The class will consist of warm up exercises, a full basic barre and centre, 1 diagonal, 2 basic petit allegro (small jumps) and stretch.

SEMI-PRIVATE LESSONS (PACK OF 10 WEEKS):
\$280

MAX: 2 PEOPLE

TIME: 90MIN, THURSDAY @ 4:00 - 5:30 PM

This class is designed for absolute beginners, who would like to continue working on the basic aspect of classical ballet technique and artistry, and love to work with other fellow dancer. This course will prepare the student to further participate in our beginner course or auditioning in other formal ballet schools or performing art school if is they desire after completing this course.

The class will consist of warm up exercises, a full basic barre and centre, 2 basic petit allegro (small jumps) , 1 basic variation on flat ballet shoes and Stretch.

FlamenKagua



Privates Classes
Semi-Private Classes
(Max 2 people)

All Ages:
Children, from +7 year old
Young Adults, from: +21 years old
Adults, from : +35 years old

By
Professional Flamenco
and
Classical Ballet
Dancer

Antonieta Foldvary

Mobile: 0449 111 768

www.flamenkagua.com



BALLET INTRO COURSE

Absolute Beginners



WELCOME TO

Flamen Kagua

ABSOLUTE BEGINNER AND
BEGINNER
BALLET PROGRAM



ABSOLUTE BEGINNER / BEGINNER: (45MIN)

WARM UP

BARRE (BASIC);

- Plié,
- Battements Tendu,
- Jeté and glissé,
- Ronde jambe (par terre),

CENTRE (BASIC);

- Port de Bras,
- Centre Practice,
- Adage (basic balance)

STRETCH

ABSOLUTE BEGINNER / BEGINNER: (90MIN)

WARM UP

BARRE (BASIC);

- Plié,
- Battements Tendu,
- Jeté and glissé,
- Ronde jambe (par terre),
- Ronde jambe (en'lair),
- Adage,
- Grand Battement
- Barre stretch

CENTRE (BASIC);

- Port de Bras,
- Centre Practice,
- Adage (basic balance)
- 1 Basic exercise from the diagonal,
- Foundation of the turns
- 1 Pettit allegro exercise

STRETCH

**WHAT TO BRING TO YOUR DANCE
LESSON**

CLASS ATTIRE:

- Shoes: Soft Ballet Slippers (full sole or Split Sole), canvas or leather. If you do not ballet slipper consider bring soft socks for you first ballet class.
- Leotard: colours (Marine Blue or Light Blue or Cream),
- Ballet tights: Light or dark pink,
- Hair: in neat a bun,
- Bring a bottle with water,
- Bring a towel,
- Bring a hand sanitiser,
- Attitude: Concentration and tons of full good energy to work.

CODE OF CONDUCT:

- It is forbidden to tape or film the class, nor take mobile picture during class.
- Please be on time the teacher will be there with the class.
- Please be in mind that sometimes the teacher will be using hand touching to indicate a correction for you.
- No bullying is permitted what so ever, during the class. No judgmental attitude is welcome.
- We promote a healthy dance and emotional wellbeing. "Positive approach towards a dancer health and healthy body image".

