



## BalletMet / Reynoldsburg Summit Road Campus

8579 Summit Road - Reynoldsburg, OH 43068

Classes run through May 22, 2012

Registrations taken through [www.balletmet.org](http://www.balletmet.org)

(614) 224-1672 or (614) 229-4860 - Fax (614) 229-4858

### Special Offerings for Youth, Teens, and Adults!

**Around the World in Dance!!!!** - 5-week special offering for students ages 5-7 (As of 9/30/11)

**Thursdays – 3:45-4:30 - March 1-29, 2012 – At the Summit Elementary School in the Innovation Station**

Tour the world and learn a new dance from a different country each week. Collect those stamps in your BalletMet passport – while enjoying the whirl wind tour. Students wear comfortable clothes and white socks! Parents invited to a sharing the last week! \$65 for the 5 week session!

**American Girlfriend Adventure!** - 6 week-special offering for students ages 7-11(As of 9/30/11)

**Thursdays-3:45-4:45pm–April 12 – May 17, 2012- At the Summit Elementary School in the Innovation Station**

Bring your favorite doll and move and learn dance from the different historic periods your different dolls may be from! Enjoy moving in comfortable clothes and white socks with your friends! \$90 for the 6-week session!

**PowerMovers for Athletes** – Wednesdays – 7:15-8:15pm- 9 week Session – Ages 13 and up

**Wednesdays, March 7 thru May 9, 2012 (No class 4/4/12)**

Why did the 2007 OSU Buckeyes come to BalletMet in the off season? Because they knew that flexibility and agility are key to top performance and injury prevention. Along with core strength you need flexibility and agility you can't always practice on the field or court. Come to this class specially designed for the athlete to keep in shape, increase their core strength, as well as work on their technique for moving and jumping. Bring your mat or towel and wear comfortable clothes. \$130 per 9-week session.

### Early Childhood & Youth Course Descriptions

(All ages listed are based upon the student's age as of September 30, 2011)

**\*Creative Movement - Wednesdays – 4:00-4:45pm - or - Saturdays 9:45-10:30am**

Children ages 4-5 learn to love dance through individual expression and discovery. Musicality, coordination, simple movement sequences develop children's ideas and fantasies into dance. \*Monthly payment plan \$57 (Jan 4-May 1)

**\*Children's Ballet – Wednesdays– 4:45-5:45pm**

Classes introduce children ages 6-7 to a more formal ballet class. With a carefully constructed curriculum we begin to develop strength while maintaining flexibility through age appropriate exercises. Creativity, natural coordination and musicality to nurtured and developed. \*Monthly payment plan \$65 (Jan 4-May 1)

**\*Beginner Ballet/Ballet 1 – Wednesdays – 5:45-6:45pm**

Classes for students 8+ begin to grasp technical concepts and strengthen their performance skills. This class is specially designed for their development \*Monthly payment plan \$75 (Jan 4-May 1)

**\*Youth Discover Dance– Saturdays – 10:30am-11:30am**

Students aged 8-12 years Develop creativity, freedom of movement, and artistic expression. This class is a wonderful for keeping the minds open, bodies moving, and applying to other art forms as well! Course includes introductory work to ballet, jazz, modern, and creative movement! \*Monthly payment plan \$70 (Jan 7-May 1)

### Teen/ Adult Course Descriptions- Ages 12 through Adult

**New 2012 Students –\$150 March 6 through May 22, 2012**

**Teen/Adult Yoga - Tuesdays – 5:30-6:30pm – New Class Beginning March 6th**

A blending of physical conditioning and self-discovery, this class introduces students to basic breathing, simple alignment principles and yoga posture and technique. No experience necessary. Yoga mat required.

**Teen/Adult Zumba – Tuesdays – 4:30-5:30pm**

Get moving with a blend of Latin and other dance styles. Designed to give you an aerobic workout distinct from any other! *Ages 12 through Adult*

**Teen/ Adult Tap –Tuesdays – 6:30-7:30pm**

Students come and learn to develop precision in sound, movement, gesture, and footwork along with expression. Have fun and show your stuff! *Ages 12 through Adult*

**Teen/Adult Ballet – Beginning No Previous Experience –Tuesday 7:30-8:30pm**

Enjoy the study of this art form in classes designed to develop technique, musicality, coordination and artistry. Our carefully designed curriculum helps to build and enhance the dancer's body at any age! *Ages 13 through Adult.*



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**Dress & Hair Requirements**

- **Creative Movement, Children's Ballet, and Early Movers:** **Girls** -Light or Ballet pink short sleeve leotard, required pink skirt (available for purchase first day of class \$11) plain white ankle socks (no ruffles or color) pink ballet shoes with elastics sewn across the instep. Hair should be secured back out of the face. **Boys**- Snug fitting white t-shirts or white tank leotard, black tights or biker/compression shorts, white socks, white ballet slippers.
- **Beginner Ballet: Females**-Black leotard with pink tights. Leotards are to be equal on shoulders, no halters, turtlenecks, zippers, see through fabric, or color insets or stripes, pink footed tights, pink ballet slippers. Ballet slippers must have elastic sewn across the instep and tights must cover the feet (not rolled up to the ankle). Hair should be pulled back into a bun. **Males**-Snug fitting white t-shirts or white tank leotard, black tights or biker/compression shorts, white socks, white ballet slippers. No extraneous clothing (skirts, leg warmers, pants, sweatpants, etc.) is to be worn – unless an injury requires it.
- **Discover Dance!** - Any solid colored leotard, black tights and jazz or black ballet shoes **Males:** White T-shirt, dance belt, black footless tights and bare feet. Hair should be secured away from the face.
- **Teen/Adult Ballet: Females**-Black leotard, black or pink tights, pink ballet slippers. **Males**-Snug fitting white t-shirts or white tank leotard, black tights or biker/compression shorts, white socks, white ballet slippers. Please bring a bath towel or mat for any floor work.
- **PowerMovers Class:** T-shirt or solid leotard, Comfortable pants or slim shorts. Socks and lightweight sneakers or tennis shoes that have been cleaned or not been worn outside. Towel or mat required. Hair pulled away from the face.
- **Tap:** Leotard or T-shirt and dancewear pant or tights (feet must be able to be seen) and black tap shoes. Hair should be secured away from the face.
- **Zumba** - Leotard and tights, or any comfortable clothing, appropriate dance shoes or lightweight tennis shoes. May want to bring a towel.

*Tennis Shoe used for PowerMovers, Zumba, as well as Ballet, Jazz, and Tap shoes are never to be worn outside.*

**BalletMet/Reynoldsburg Holiday Breaks**

Spring Break – April 2-9, 2012

Last Day of classes – May 22, 2012

Any classes missed through the Academic year may be made up in comparable classes  
in any of the following facilities:

Reynoldsburg Summit Road Campus Location

BalletMet Columbus Downtown Location

BalletMet Columbus Vista Plaza Gahanna Location