

Description
The First Year of the Six Year Program for the Study of Classical Ballet

Syllabus written by Vera S. Kostrovitskaya

In 1969, Vera Kostrovitskaya was personally asked to work out a syllabus for a six-year course of study (so-called “experimental class”) starting at twelve, rather than at ten years of age. This syllabus is worked out so that the entire eight-year course is accelerated and passed in six years [Kostrovitskaya, 1995, p.17]. In the First Year, the first three days differ from the end of September’s work. Basic principles are first introduced followed by the first exercises for a person to adapt to classical dance training at the Barre and in the Center Exercise. The basic stance, positions of the feet, arms and head are taught. Gradually and methodically the elementary habits of movement coordination are introduced and begin to be established in October, November and December’s work (including Allegro and Pointe Work). By the second half of the year, the exercises already established in the program increase in quantity and are taught at a faster tempo. By the end of the year, to develop strong feet and legs, movements are alternated on the whole foot then on demi-pointe and elementary combinations of movements are taught.

Reference

Kostrovitskaya, V., & Pisarev, A. & Barker, J (Trans.). (1979). *School of classical dance*. Moscow: Progress Publishers.



Tuition	Discount until 31 MAY	After JUN 1								
Level I	550,00 €	650,00 €								
Level II	450,00 €	550,00 €								
Level III	450,00 €	550,00 €								
2 Levels	875,00 €	975,00 €								
3 Levels	1.250,00 €	1.350,00 €								
Payment Plan FROM JANUARY 2018										
			Level I	Level II		Level III				
			1 8 SEPTEMBER	10 14 SEPTEMBER		16 20 SEPTEMBER				
			1 2 SEP (Sat Sun)	10:00 - 7:00						
			3 7 SEP (Mon Fri)	9:00 - 3:00	SEP 10 14 (Mon Fri)	9:00 - 3:00	SEP 16 20 (Sun Thu)	9:00 - 3:00		
			8 SEP (Sáb)	10:00 - 7:00						
			8 DAYS 50 HOURS	5 DAYS 30 HOURS		5 DAYS 30 HOURS				

Tuition

Tuition may be paid in Lisbon, Portugal in Euros. If you prefer to pay in U.S. dollars contact CDA at 1 (212) 397-1400 or jlspringer@classicaldancealliance.org. The conversion rate at the time of payment will apply. Payment deadline in the U. S. is August 15, 2018. After that, please pay in Euros upon arrival in Lisbon.