

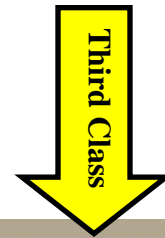
Description
The Third Year of the Six Year Program for the Study of Classical Ballet
Completion of the Elementary Work

Syllabus written by Vera S. Kostrovitskaya

In the Third Year emphasis is placed on stability (aplomb) through control of the weight of the body in coordination with the head, arms and legs in various turns and in exercises on demi-pointe and on pointe. “The basis of stability lies in the preservation of the vertical axis, which passes through the middle of the head and body to the ball of the supporting foot when one is standing on demi-pointe and in front of the heels when one is standing on the whole foot” [Kostrovitskaya, 1995, p.62]. Plasticity is developed in the arms and in the torso and when moving from one pose to another pose. (For example, slow turns from one big pose to another involving movements of the torso.) Turns in the big poses are introduced. From different preparations, the technique of beats and turns begins to be mastered. Elevation begins to be developed in big jumps.

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.