

**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.

**First Class Course Details**

Teacher Paced Course Begins March 17, 2018 and continues every weekend until completion.

This Course will be scheduled on Saturday and/or Sunday (possibly both afternoons) according to the schedules of participating teachers. We will continue every weekend after that until all of the material is covered. It takes approximately 50 hours to complete. Unique to the ballet industry, the teacher’s manual, which is included as part of the course, contains complete syllabus, presents in writing the method of teaching classical dance in understandable sections which can be used/found later to help teachers prepare progressive lessons. Each movement studied (including forms) is described in writing and introduced, at the appropriate time, according to Kostrovitskaya’s syllabus along with examples of proper music.

**Tuition**

Web Conferencing Course:.....	\$800.00
Required First Class Manual – hard copy (mailed) ...	<u>\$100.00</u>
Total due: .....	\$900.00

A discount of \$50.00, per course, is applied if more than one course is selected and paid for in full at the same time.

**Enroll**

Contact CDA: 1 (212) 397-1400  
Email: [jlspringer@classicaldancealliance.org](mailto:jlspringer@classicaldancealliance.org)  
Payment Plan Available