

**Description**  
**The Second 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 Second Year tempos are somewhat faster. The length of the Barre Exercise should now take approximately 35 minutes. The exercises on demi-pointe (begun in the Barre Exercise in the First Class) continue with more repetition. Battement tendus jeté, ronds de jambe par terre, battements frappés and petits battements are practiced in both 1/4 and in 1/8 (alternating 1/4 and 1/8) in the second half of the year. The exercises on demi-pointe (begun in the First Class at the Barre) begin to be studied in the Center Exercise until they are practiced entirely on demi-pointe by the end of the first part of the year. The easiest movements en tournant begin to be taught in the Center Exercise. Adagios are constructed using the poses that have already been covered. New Allegro and Pointe vocabulary is introduced. Tours and batterie begin to be studied. Tour en l'air for the boy's class studied in the second half of the year.

**Reference**

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

**Second Class Course Details**

Teacher Paced Course Begins June 16, 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 30 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:.....\$700.00  
Required First Class Manual – hard copy (mailed) ...\$100.00  
Total due: .....\$800.00

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