

**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.

**Third Class Course Details**

Teacher Paced Course Begins October 13, 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