

CLASS SCHEDULE

Studio A

Sep 2024 - Aug 2025	SCHOOL OF BALLET THEATRE SAN LUIS OBISPO - CLASS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						Beg/Int Adult Ballet-Sat-9am Adv Ballet-Sat-10:30am Adv Pointe-Sat-12pm
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4:00 PM		Ballet 2a-Tue-4pm	Ballet 3a-Wed-4pm	Ballet 2b-Thu-4pm	Ballet 1b-Fri-4pm	
4:15 PM		Youth PG 2-Tue-5:15pm	Youth Ballet-Wed-5:30pm	Pre-Pointe-Thu-5:15pm	Youth PG 1-Fri-5:15pm	
4:30 PM						
4:45 PM						
5:00 PM	Ballet 3b-Mon-5pm					
5:15 PM		Ballet 4-Tue-6pm	Int Adult Ballet-Wed-6:30pm	Ballet 4-Thu-6pm		
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6:30 PM	Beg Adult Ballet-Mon-6:30pm					
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Studio B

Sep 2024 - Aug 2025	SCHOOL OF BALLET THEATRE SAN LUIS OBISPO - CLASS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						Int Teen/Adult Ballet-Sat-11:30am
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CLASS DESCRIPTIONS

For more information: contact BT-SLO School Director **Blair London**
(805) 440-1439, blair@bt-slo.org

OBSERVING CLASSES

Our policy is that parents, family members, and others do not observe classes. While we realize that it is tempting and enjoyable to watch your dancer in class, it can be distracting to those in class, and it diminishes their dance experience. *There can be exceptions to this policy for our youngest dancers in **Creative Dance** and **Pre-Ballet**.*

TRAINING CLASS LEVELS A & B

Our school has four training levels for classical ballet classes: 1 to 4, basic to advanced. We have divided the first three levels into a and b, where b is more advanced than a. For example, a student would take Ballet 1a before moving on to Ballet 1b.

Children's Level

Creative Dance-Wed-4:00pm

4:00 - 4:45pm

3-5 yrs

For the developing young dance artist! Expression, storytelling, use of inspirational props and simple folk steps, age appropriate ballet stretches and positions, music appreciation, rhythm, right and left, floor patterns. **Instructor: Brianna Darneal.**

Pre-Ballet-Wed-4:45pm

4:45 - 5:30pm

5-6 yrs

For the young aspiring ballet dancer! An introduction to the how and why of classical ballet vocabulary and technique, emphasizing the creativity, rhythm, joy, and freedom of dancing. **Instructor: Brianna Darneal.**

Ballet 1 Level (including Youth Performing Group 1)

Ballet 1a-Mon-4:00pm

4:00 - 5:00pm

7-10 yrs

For the Pre-Ballet graduate or entry-level focused student. A structured ballet class for the passionate young dance artist focusing on basic ballet knowledge, rhythm, musicality, expression, and movement using steps from the folk and classic repertoires. **Instructor: Brooke Andris.**

Ballet 1b-Fri-4:00pm

4:00-5:15pm

7-12 yrs

For the Ballet 1a graduate. A traditional, structured, challenging and rewarding ballet class for the aspiring young dance artist continuing the foundation in serious study. Movement theory, progressive syllabus, rhythm, musicality, and expression. **Instructor: Theresa Slobodnik.**

Youth Performing Group 1–Fri–5:15pm

5:15-6:00pm

7-10 yrs

This class is designed to give Ballet 1b students an opportunity to learn and perform choreography in classical ballet and complimentary dance styles, thereby facilitating their technical training and growth as performing dance artists. Performances include the BT-SLO Holiday production, Youth Performance Showcases, community events throughout the central coast, and youth outreach education opportunities.

Instructor: Theresa Slobodnik. *Concurrent enrollment in Ballet 1b-Fri-4pm required.*

Ballet 2 Level (including Youth Performing Group 2 & Pre-Pointe)

Ballet 2a–Tue–4:00pm

4:00-5:15pm

8-15 yrs

For low-intermediate level students taking a minimum of two ballet classes per week. A traditional, structured, challenging and rewarding ballet class requiring a strong foundation gained in Ballet 1b.

Instructor: Theresa Slobodnik.

Youth Performing Group 2–Tue–5:15pm

5:15-6:00pm

8-15 yrs

This class is designed to give Ballet 2a students an opportunity to learn and perform choreography in classical ballet and complimentary dance styles, thereby facilitating their technical training and growth as performing dance artists. Performances include the BT-SLO Holiday production, Youth Performance Showcases, community events throughout the central coast, and youth outreach education opportunities.

Instructor: Theresa Slobodnik. *Concurrent enrollment in Ballet 2a-Tue-4pm required.*

Ballet 2b–Thu–4:00pm

4:00-5:30pm

9-15 yrs

For low-intermediate level students studying a minimum of two ballet classes per week. This is a foundational class for more advanced work and pointe. Traditional, structured, musical, challenging and rewarding ballet class requiring a strong foundation from Ballet 2a. Progressive syllabus.

Instructor: Theresa Slobodnik.

Pre-Pointe–Thu–5:15pm

5:15-6:00pm

9-15 yrs

The first pointe class for female dancers desiring to dance on pointe. A minimum of two ballet classes per week is required. The class is first taken in flat shoes first and then on pointe. Basic aspects of classical pointe technique are taught.

Instructor: Theresa Slobodnik. *Concurrent enrollment in Ballet 2b-Thu-4pm is required.*

Ballet 3 Level (including Youth Ballet)

Ballet 3a–Wed–4pm

4:00 – 5:30pm

10-15 yrs

For serious ballet students who study a minimum of two ballet classes per week (Ballet 2b and above). The class moves into more advanced, physically demanding, technical and complex work, preparing the dancer to transition to Ballet 3b. Ballet 3a dancers must have sound placement, significant strength, technique, and a broad knowledge of the classical ballet vocabulary.

Instructor: Theresa Slobodnik.

Youth Ballet–Wed–5:30pm

5:30-6:30pm

10-15 yrs

This class is designed to give Ballet 3a students opportunities to learn choreography for performances. Performances include the BT-SLO Holiday and Spring productions, Youth Performance Showcases, community events throughout the central coast, and youth outreach education opportunities. **Instructor: Theresa Slobodnik.** *Concurrent enrollment in Ballet 3a-Wed-4pm required.*

Ballet 3b–Mon–5pm

5:00 – 6:30pm

11 yrs – Adult

For serious ballet students who study a minimum of two ballet classes per week (Ballet 3a and above). The class continues the progression from Ballet 3a preparing the dancers for Ballet 4. Ballet 3b dancers must have sound placement, significant strength, technique, and a broad knowledge of the classical ballet vocabulary. **Instructor: Theresa Slobodnik.**

Ballet 4 Level

Ballet 4–Tue–6:00pm & Ballet 4–Thu–6:00pm

6:00 – 7:30pm each day

13 yrs – Adult

For high intermediate through advanced dancers studying a minimum of two ballet classes per week (Ballet 3 & up). The class is rigorous, demanding advanced technique, artistry, and musicality. **Instructor: Theresa Slobodnik.**

Adv Ballet–Sat–10:30am

10:30am – 12:00pm

13 yrs – Adult

Similar to Ballet 4, this class is full of energy! Recommended for Ballet levels 3b or 4; dancers should be prepared for an advanced class. This is a great way to spend Saturday mornings for dancers. Inspiring! **Instructor: Theresa Slobodnik.**

Pointe Classes

Beg/Int Pointe–Mon–6:30pm

6:30 – 7:30pm

11 yrs – Adult

For female dancers who maintain a minimum of two Ballet 3 or Intermediate classes per week and can demonstrate both a comprehensive knowledge and proficient application of classical ballet technique. The class develops pointe technique with correct placement and épaulement, with emphasis on lifted transitions ascending to and descending from pointe, and a musical, pleasing aesthetic. **Instructor: Theresa Slobodnik.** *Concurrent enrollment in Ballet 3b-Mon-5pm is required.*

Adv Pointe–Tue–7:30pm & Adv Pointe–Thu–7:30pm

7:30 – 8:30pm each day

15 yrs – Adult

For advanced through professional female dancers, the class teaches advanced pointe technique along with variations from the classics. Choreography for Ballet Theatre San Luis Obispo current projects is also included in these classes. **Instructor: Theresa Slobodnik.** *Concurrent enrollment in Ballet 4-Tue-6pm or Ballet 4-Thu-6pm is required.*

Adv Pointe-Sat-12:00pm**12:00 – 1:00pm****13 yrs – Adult**

Similar to the Advanced Pointe classes during the week, this class is our Advanced Pointe class for Saturdays.

Instructor: Theresa Slobodnik. *Concurrent enrollment in Adv Ballet-Sat-10:30am is required.*

Adult Ballet Classes**Beg Adult Ballet-Mon-6:30pm****6:30 – 8:00pm****12 yrs – Adult**

You may be an adult who danced when younger and now you want to get back into class. Or maybe you are a teen or adult who really wants to start ballet but does not want to be in a class with younger children. Or you may want to take your FIRST ballet class. For any of these cases, this class is for you! We start at the beginning, breaking down all the steps and movements. Great fun in a relaxed atmosphere. **Instructor: Blair London.** *No previous ballet experience required.*

Beg/Int Adult Ballet-Sat-9:00am**9:00 – 10:30am****12 yrs – Adult**

An adult ballet class for beginning/low-intermediate level dancers. The class is more advanced than the Monday beginning level class but not as complex as the Intermediate adult ballet classes on Wednesday or Saturday. High energy and high fun. A great way to start the weekend! **Instructor: Blair London.** *Some ballet experience required.*

Int Adult Ballet-Wed-6:30pm**6:30 – 8:00pm****13 yrs – Adult**

An intermediate level ballet class for experienced adult dancers. More parts of the ballet repertoire are presented in these classes continuing from the other adult classes. A fast-paced and fun class! **Instructor: Blair London.**

Int Teen/Adult Ballet-Sat-11:30am**11:30am – 1:00pm****13 yrs – Adult**

An intermediate level ballet class for teens and adult dancers. Similar to Int Adult Ballet-Wed-6:30pm, this class gives teen and adult dancers the ability to schedule multiple classes per week. **Instructor: Sage Best.**