

Dance Progression

	Age 4 to 5	Age 6 to 8	Age 9 to 12	Age 13 to 16	Age 17+
Frequency*	1-2/week (1 Ballet, 1 Elective**)	2-3/week (1 Ballet, 2 Electives**)	3-4/week (1 Ballet, 3 Electives**)	3-4/week (1 Ballet, 3 Electives**)	2-3/week (1 Ballet, 3 Electives**)
Duration*	45m max	45m to 1 hr max	1 hr max	1 1/2 hr Max	1 1/2 hr Max
Primary Focus (Intention)	"Fun and Connection"	Dance Foundation & Structure. Injury Prevention & Body Awareness	Structure, Discipline. & Technique. Injury Prevention & Body Awareness	Maintenance of Physical Literacy. Injury Prevention & Body Awareness	Complete Mastery of Body Awareness. Injury Prevention & Longevity
Secondary Focus	"Body Awareness"	Emotional Development & Expression.	Diversity of Classes: Intro to Different Styles (Simple)	Exploration of Different Styles (Complex).	Individual Choreographic Development.
Goal (Outcome Desired)	Confidence through Movement (Body & Mind)	Basic Technique and Preparation of Body	Full Physical Literacy (Strength, Suppleness, Stamina, Skill, Speed)	Own your artistry. Command the movement.	Complete Mastery
External Messaging	Have Fun! Introduce Movement Vocabulary & Language	Dance is For Me!! Identify as a Dancer/Skater.	Dance with Purpose... Skate with Conviction.	Dance is the Catalyst for Landmark Performances.	Dance For Life!
Communication Style	Movement Based, not Technique Based	Technique Emphasis. Movement is Secondary.	Draw Emotion through Technique and Movement	Movement, Technique & Emotion define the Story	Mastery of all, creating Artistic Statement
Class Format	Games, Fun, & Expression Group Format Mostly	Structured Games, Floor, Barre. Group/Ensemble	Floor, Barre, Across The Floor and Combos. Add Partner work.	Floor, Barre, Across The Floor and Complex Combos in all styles	Master Class & Metamorphosis: Skater becomes an Artist
Content & Structure (Theater & Story Telling)	Story Telling. (e.g. Bird Exercises)	Facial Expressions and Basic Emotions	Emotive body/ice sculptures. Emotion through body line and movement.	Live your character . Movement embodies & tells the story.	Movement, Emotion AND Character Creates the Statement .
Content & Structure (Dance Methodology)	GAMES that introduce Ballet: Plies, Battements, Port De Bras, Developpe, Saute	Beginning Barre & Combos. Contraction and Release. Internal vs. External motivation.	Ballet Fluency. Diversify Dance Instruction w/ Genres (Ballroom)	Full Range of Dance Styles (Hip Hop, Latin, Bollywood, etc.). Multi-Faceted Dance Modalities.	Multi-Faceted Mastery of all Dance Modalities. Clarity of Movement, Emotion & Statement
Content & Structure (Music & Art)	Rhythm and Counting Music	Understanding 5 Body Levels. Classical movement modalities.	New Styles of Expression (Modern, Lyrical, Ethnic, Latin, Musical Theater).	History of Skating, Choreography, Art Appreciation.	Design and Deconstruction of movement as Art.
NON-NEGOTIABLES (Theater)	Fun is a MUST!	Facial Expressions & characterization.	Use of Body as a Tool for Expression	Believability. Be the Character.	Move the Audience emotionally. Make an Impression.
NON-NEGOTIABLES (Dance)	Posture and Form (No Point Work)	Technique and Structure Established. (No Point Work)	Ballet Fluency (No Point Work)	Multi-Faceted Dance Modalities. (No Point Work)	Complete Mastery of Multi-Faceted Dance Modalities. (No Point Work)
NON-NEGOTIABLES (Music & Art)	Rhythm and Counting Music	Intro to Music Theory and Construction. Identifying Emotion and movement in music.	Musical Horizons expand to include Classical, Contemporary and Specific Styles	Intellectualize Art. Understanding the Impact of Dance & Choreography	Understand the Why (within Movement, Choreography, & Emotion)
NON-NEGOTIABLES (Mental Preparation & Mindfulness)	Early Memorization, Visualization, & Breath	Mindfulness, Visualization & Breathing Exercises	Competition Mindset, Mental Hygiene & Control of Breath	High-Performance Mindset & Breathing Techniques	Championship Mindset, Ultimate Performance & Individualization.

* *Frequency* shown above is during 'Transition, Active-Rest, and Off-Season' according to 'Periodization Schedule.'

**Frequency*: refer to Competition Taper Protocol below.

Competition Taper Protocol	Age 4 to 5	Age 6 to 8	Age 9 to 12	Age 13 to 16	Age 17+
*MONTH Before Competition: TAPER	Tapering/'Peaking' may not be applicable at this level.	Tapering/'Peaking' may not be applicable at this level.	1 month prior to competition: Week 4: 2/week Week 3: 1-2/week Week 2 & 1: No Lesson	1 month prior to competition: Week 4: 2/week Week 3: 1-2/week Week 2 & 1: No Lesson	1 month prior to competition: Week 4: 1/week Week 3: 1/week Week 2 & 1: No Lesson

