

# Summer Ballet and Conditioning Sessions

Ballet Tech & Boutique

Instructor: Järvi Raudsepp



- **Ballet Tech:** Twice weekly sessions on Tuesdays and Saturdays, 3 hours each, from 5:00-8:00PM  
Start Date: Tues. July 14<sup>th</sup> and End Date: Sat. Aug. 30<sup>th</sup>. NO classes on Tues. Aug. 5 or Sat. Aug. 23.  
Must prebook ahead of time per session.

- **Ballet Boutique:** One Intensive Program, three days in a row, 3 hours daily, from 5:00-8:00PM  
 Mon. July 28, Tues. July 29, Weds. July 30.

**Equipment needed:**

1. One Pilates ball and one yoga block per student (*will provide amazon links*)
2. One balance board per student

Summer Ballet Tech- Tuesdays & Saturdays in July & August	
<b><u>5:00-6:00 PM</u></b>	<i>“Feet and Ankles”</i>
	<p><b><u>Class Sequence:</u></b></p> <ul style="list-style-type: none"> <li>-Foot warmup (rondes de jambe ankle circles, “piano toes,” toe articulation etc.)</li> <li>-Rolling out arches</li> <li>-Arch Stretch</li> <li>-Arch hold</li> <li>-Releve stretch (emphasizing stretching under big toe to get rid of sickles)</li> <li>-Releve hold</li> <li>-Articulation exercises for rolling through feet</li> <li>-Strengthening exercises for taking off for jumps (attention on pushing off balls of foot)</li> <li>-Soleus/Calf strengthening with pilates ball (to develop strong, soft, safe jump landings)</li> </ul>
<b><u>6:00-6:45 PM</u></b>	<i>“Turnout”</i>
	<p><b><u>Class Sequence:</u></b></p> <p>Turnout and balance exercises building up to pirouettes, fouettés and turns a la seconde.</p>
<b><u>7:00-8:00 PM</u></b>	<i>“Ballet Technique class”</i>
	<p><b><u>Class Sequence:</u></b></p> <p>Focus will be on strengthening the neural connections between the conditioning exercises and the ballet class exercises. Applying what they stretched and strengthened will be key.</p> <p>Potentially take before and after pictures of students’ arches and turnout, and record balancing times in seconds at the start of the summer and the end of the summer. Create take-home, individualized progress reports for students with their photos and graphs, with fun colours and individualization.</p>