

ASP BALLET
REGISTRATION

Registration will be available on a first come first served basis. Please complete this form, detach from the brochure, and return. **Classes will start Monday, January 27.**

Student Name

Grade

Teacher

Parent Name

Phone Number

E-mail

WHAT WILL MY CHILD
NEED?

STUDENTS SHOULD COME TO CLASS PREPARED.

- Ballet slippers
- Black leotard and pink tights or form fitting yoga pants and t-shirt.
- Hair pulled up, away from face and shoulders



HOW MUCH WILL IT
COST?

Students who attend must be registered for ASP. The daily ASP fee of \$7.00 must be paid each time a child attends class.

ASP ENRICHMENT

BALLET CLASSES

Kindergarten

Mondays 3:30-4:45

First Grade

Thursdays 3:30-4:15



Colleen Robinson

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WHY TAKE BALLET?

BALLET IS THE BASIC FOUNDATION FOR MOST FORMS OF DANCE

Whatever you learn in ballet translates to values that can be used to pursue other forms of dance. The alignment and musicality it requires are only some examples of important qualities in most dance styles.

THE DEVELOPMENT OF DISCIPLINE AND DEDICATION

Ballet technique is very specific and requires practice to improve. In most cases, the qualities of discipline and dedication translate themselves to other areas of life...like school!

IMPROVE BALANCE AND FLEXIBILITY

Balance and flexibility are two major components of ballet technique. De-

veloping good balance and flexibility diminish the likelihood of injury in ballet, other forms of dance, and sports.

IMPROVE POSTURE

Ballet teaches and requires excellent posture. Posture utilized in ballet with discipline and dedication will transfer to every part of a dancer's life.

INCREASED AGILITY

Ballet is often slow and graceful, but requires swift series of movements.

AURAL, VISUAL, AND KINETIC STIMULATION

Ballet teaches us how to connect verbal commands and musical cues with exercise demonstrations and perform them with our body. Different parts of the brain are problem solving to perform specific movements in time to music.

CONFIDENCE

Ballet promotes confidence in movement, and achievement. Students can see their achievement from week to week, which helps develop their confidence in being a learner in all areas of life.



Learning ballet is wonderful for children even if they never become dancers. It is wonderful because it teaches discipline, grace, and manners.

-Anna Paskevskaya

Dance is music made visible.

-George Balanchine



Everything in the universe has rhythm. Everything dances.

--Maya Angelou