

OneDance Creative Art Centre

Professional Dance Training Program (PTP)

Level 1

Age 6 – 8 years

Hours: 3 hours per week minimum



Classical Ballet Training in the Vaganova (Russian) Method

PTP Level 1

This program was specially designed for young dancers age 6 – 8 years who are beginning their dance training or with little or no classical training. The program features 3 hours per week of training. Students are encouraged to take other classes outside of this program.

Students in PTP 1 will be trained for two hours in classical ballet technique. In addition, one hour per week is dedicated to conditioning the body to enhance strength and flexibility.

Schedule PTP 1

Tuesday 4:00 – 5:00 Ballet Technique

Saturday 12:30 – 1:30 Ballet Technique

Saturday 1:30 – 2:30 Conditioning for Dancers

To register for this program online, **[CLICK HERE](#)**

For further information or to schedule an information meeting, please email OneDance@shaw.ca.

