

OneDance Creative Art Centre

Professional Dance Training Program (PTP)

Level 3

Age 11 - 13 years

Hours: 8 hours per week minimum



Classical Ballet Training in the Vaganova (Russian) Method

PTP Level 3

This program was specially designed for young dancers age 11 - 13 years who have completed PTP 2 or with some prior classical training. Placement is by audition for new students. The program features 8 hours per week of training, including pointe work if ready. Students are encouraged to take other classes outside of this program.

Students in PTP 3 will be trained for 7 hours in classical ballet technique. In addition, one hour per week is dedicated to conditioning the body to enhance strength and flexibility.

Schedule PTP 3

Monday 4:00 – 6:00 Ballet Technique

Wednesday 4:00 – 6:00 Ballet Technique

Saturday 10:30 – 12:30 Ballet Technique

Saturday 12:30 – 1:30 Ballet Choreography Group

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.

