

OneDance Creative Art Centre

Professional Dance Training Program (PTP)

Level 4

Age 13 - 15 years

Hours: 10 hours per week minimum



Classical Ballet Training in the Vaganova (Russian) Method

PTP Level 4

This program was specially designed for young dancers age 13 - 15 years who have completed PTP 3 or with at least 4 prior classical training. Placement is by audition for new students. The program features 10 hours per week of training, including pointe work. If students do not do pointe, they may still enter this level and drop the pointe hours. Students are encouraged to take other classes outside of this program.

Students in PTP 4 will be trained for 9 hours in classical ballet technique. In addition, one hour per week is dedicated to conditioning the body to enhance strength and flexibility.

Schedule PTP 4

Monday 6:00 – 8:00	Ballet Technique
Tuesday 5:00 – 7:00	Ballet Technique
Thursday 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.

