

# OneDance Creative Art Centre

Professional Dance Training Program (PTP)

Level 5

Age 15 - 18 years

Hours: 13 hours per week minimum



## ***Classical Ballet Training in the Vaganova (Russian) Method***

### ***PTP Level 5***

This program was specially designed for young dancers age 15 - 18 years who have completed PTP 4 or with at least 6 years prior classical training. Placement is by audition for new students. The program features 13 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 5 will be trained for 12 hours in classical ballet technique. In addition, one hour per week is dedicated to conditioning the body to enhance strength and flexibility, plus one hour of Contemporary dance must run concurrently.

#### **Schedule PTP 4**

Monday 6:00 – 8:00	Ballet Technique
Monday 8:00 – 9:00	Contemporary
Tuesday 6:00 – 8:00	Ballet Technique
Thursday 4:00 – 6:00	Ballet Technique
Friday 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](mailto:OneDance@shaw.ca).

