



## **Pre-professional Division:**

Alma Dance School's Pre-Professional Division is a premier program which establishes the strong, healthy foundation required of students who wish to enjoy a lifetime of dance or advance to collegiate levels of participation. Importantly, this program fosters the technical and artistic abilities necessary to pursue a professional career in dance.

The pre-professional division is a special, select-only, group program that will provide students ages 6-18 with the highest standard of education in classical ballet and other forms of dance. The program has a highly detailed and focused approach emphasizing skilled coaching of individual steps, concepts and techniques. The students selected for this program are highly motivated, coachable and eager to learn.

The pre-professional division's methodology of training is based on the renowned Cuban method of ballet. This program is led by award-winning principal dancers and licensed ballet teachers of the Cuban method of ballet, Guillermo Leyva and Vilma Machin. Both have extensive experience and knowledge from their professional ballet careers and numerous years of teaching.

As part of the Pre-Professional Division, students participate in a well-balanced, weekly class schedule, and perform in the Alma Dance Theater, NFP annual Nutcracker and Simply Classic Series Productions.

Dancers in this division will receive guidance and training to prepare for competitions like the World Ballet Competition, Youth America Grand Prix, Prix de Lausanne, and others. The Pre-Professional Program is a fantastic opportunity for all students to discover their vocation and love for ballet.

Our Pre-Professional Division produces results. It has launched the careers of former students, with recognition and awards at renowned international ballet competitions. Such exposure has led to scholarships to renowned schools, such as The American Ballet Theater, Houston Ballet, Canada's National Ballet School, Ballet West, Stuttgart Ballet, the Royal Winnipeg Ballet, San Francisco Ballet, Nashville Ballet, Kansas City Ballet and Boston Ballet.

Past students have also pursued careers in dance medicine, dance physiotherapy, dance podiatry, arts administration, costume design, choreography, teaching and many other highly desirable dance-related professions.

## **The Pre-professional Ballet Division is divided into six levels:**

PPBA: **1.5 hrs. class a week:** Wednesday Ballet 4:15-5:45pm.

PPBB: **2.5 hrs. class a week:** Wednesday Ballet & Conditioning 4:15-6:45pm.



**PPBB+: 3.5 hrs. class a week:** Monday Contemporary/Modern 6:30-7:30pm, and Wednesdays Ballet & Conditioning 4:15-6:45pm.

**PPBC: 5.15 hrs. class a week:** Monday Ballet & Contemporary/Modern 4:45-7:30pm, and Wednesdays Ballet & Conditioning 4:15-6:45pm.

**PPBC+: 6 hrs. class a week:** Monday Conditioning, Ballet & Contemporary/Modern 4-7:30pm, and Wednesdays Ballet & Conditioning 4:15-6:45pm.

**PPBD: 8.5 hrs. class a week:** Monday Conditioning, Ballet & Contemporary/Modern 4-7:30pm, Wednesday Ballet & Conditioning 4:15-6:45pm, and Saturday Ballet & Pre-pointe 9:30-12pm.

**PPBD+: 11 hrs. class a week:** Monday Conditioning, Ballet, Pointe & Contemporary/Modern 4-7:30pm, Wednesday Ballet, Pointe/Variations & Supplementary Ballet Technique 4:15-7:45pm, Friday Conditioning, Ballet & Pointe/Variations 4-7:30pm, Saturday Ballet & Pointe/Variations 9:30am – 12pm.

**PPBE: 13.5 hrs. class a week:** Monday Conditioning, Contemporary/Modern, Ballet & Pointe 4-8:30pm, Wednesday Ballet, Pointe/Variations & Supplementary Ballet Technique 4:15-7:45pm, Friday Ballet & Pointe/Variations 5-7:30pm and Saturday Ballet & Pointe/Variations 9:30am-12pm

**PPBF: 17 hrs. class a week:** Monday Conditioning, Contemporary/Modern, Ballet & Pointe 4-8pm, Tuesday Conditioning, Ballet & Pointe/Variations 4:15-7:45pm, Wednesday Ballet, Pointe/Variations & Supplementary Ballet Technique 4:15-7:45pm, Friday Conditioning, Ballet & Pointe/Variations 4-7:30pm, Saturday Ballet & Pointe/Variations 9:30am-12pm.