

DAC Curriculum Overview

Dancing Arts Center's dance education program is based on a blend of American Ballet Theatre National Training curriculum and traditional Vaganova (Russian) style training.

All levels incorporate age-appropriate physical conditioning, technique, and artistic development so that dancers receive a complete education in the arts of ballet and modern dance. Students interested in pursuing dance as a career will be well prepared to do so, while those studying dance for love of the art form will be prepared for a lifetime of continued growth and participation.

Children's Division	Class Levels		Age Range	Classes/Week		
Creative Movement	Creative Movement 1		3-5	1x 45 mins		
	Creative Movement 2		5+	1x 60 mins		
Primary	Primary Ballet		6+	1x 60 mins (optional 2x 60 min)		
	Beginner Tap		6+	1x 45 mins (optional)		
DAC Academy*	Class Level	Age Range	Ballet Classes/Week	Modern Classes/Week (required)	Conditioning Classes/Week (required)	Tap Classes/Week (recommended)
Introductory Level	Introductory	7+	1x 60 mins	1x 60 mins	n/a	1x 45 mins
Elementary Levels	Level 1	8+	2x 90 mins	1x 75 mins	n/a	1x 45 mins
	Level 2	10+	2x 90 mins 1x 120 mins (incl pre-pointe)	1x 75 mins	1x 45 mins	1x 60 mins
	Level 3	11+	2x 90 mins 1x 120 mins (incl pointe)	1 x 75 mins	1x 45 mins	1 x 60 mins
Intermediate Level	Level 4	12+	3x 90 mins 1x 120 mins (incl pointe)	1x 90 mins	1x 60 mins	1x 60 mins
Advanced Level	Level 5	15+	2x 90 mins 2x 120 mins (incl pointe)	1x90 mins	1x 60 mins	1x 60 mins

*All DAC Academy levels require a full-year commitment.