

Session II – Performance Intensive

Session II will offer Kirov Academy’s traditional summer program format. Students will be in the ballet classroom four hours per day on average. The class time is divided among lessons on Vaganova technique, classic Russian repertoire and performance aesthetic of the Kirov Ballet. Students will be selected to perform specific roles in an end-of-session Demonstration Day. All students will perform during the Demonstration Day; some will perform solos and featured roles while others are members of the corps de ballet. Towards the end of the Session the majority of ballet class time is dedicated to preparing students for the performance, similar to life in a professional ballet company! Students in Session II will be exposed to the Russian classical ballet tradition, as well as other dance forms common to modern American ballet schooling, including Character, Spanish, Jazz, Modern, Pilates, and Ballroom. Non-dance offerings may include nutrition, pointe shoe fittings, ballet history and field trips. Session II will culminate in a Demonstration Day where classes and repertoire from ballet, Character, Spanish and Jazz classes are performed for parents and friends. Students may choose to attend Session I only, Session II only, or both sessions (a discount is offered to students who enroll in both sessions). Students who choose to attend both sessions will get the best of both worlds; focused and intensive training from KAB’s world renowned staff, plus the opportunity to take what they learn in Session I and perform in on stage in Session II.

Session II Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30						
8:45						
9:00						
9:15						
9:30	Ballet Barre and Center	Ballet Barre and Center	Ballet Barre and Center	Ballet Barre and Center	Ballet Barre and Center	Ballet Barre and Center
9:45						
10:00						
10:15						
10:30	Pointe/Variations	Pointe/Variations	Pointe/Variations	Pointe/Variations	Pointe/Variations	Pointe/Variations
10:45						
11:00						
11:15						
11:30	Rehearsals	Rehearsals	Rehearsals	Rehearsals	Rehearsals	Rehearsals
11:45						
12:00						
12:15						
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45						
1:00						
1:15						
1:30						
1:45						
2:00	Pilates	Jazz	Character	Character	Feedback	Yoga
2:15						
2:30						
2:45						
3:00						
3:15	Spanish	Ballet Survey	Nutrition	Modern	Modern	
3:30						
3:45						
4:00						
4:15						
4:30	Jazz	Spanish	Ballet Survey	Mime	Video/Character Study	
4:45						
5:00						
5:15						
5:30						
5:45	Dinner	Dinner	Dinner	Dinner	Dinner	
6:00						
6:15						

Sample Schedule Only – All classes subject to change