

# April

## Important Dates

**April 2nd, 16th, & 30th:** Character Classes

**April 20th:** Summer Program Promotional Discount Ends

**May 19th:** Spring Showcase at 2pm & 6pm

## Ballet Term of the Month



Photo Credit: Kat Steinnon  
Dancer: Cindy, Pre-Pro Division

### Allongé

Meaning "to elongate," allongé can be done in most directions and refers to the placement of the arms. The dancer begins in either second, fourth, or fifth position. They then stretch their arms outward away from their body and add épaulement.



### Meet the Editor

Cindy is a sophomore at Middleton High School and dances in the Pre-Pro Division

### SAVE THE DATE!

The Spring Showcase is NEXT month. Get your tickets now at <https://ticketpeak.com/SpringShowcase2018> or go to our website

## Molly's Memo

Thanks Madison Area Sports Commission for the grant which allowed our Pilates class to happen!  
-Molly

## Standard One

This is our first level after the Junior Division, and also where the dancers begin pointe. The beginning pointe class is an hour and 15 minutes that focuses on the basics of pointe work as well as strengthening the dancers' ankles. This is incredibly important because if you don't have the basics down, you can seriously injure yourself while dancing en pointe. Along with the beginning pointe class, this level has two technique classes and two days of rehearsal; which amount to a total of 10 hours of dance per week.

### Willow, age 13

Willow enjoys how the technique classes go more in depth into the basics of ballet and allows her to have more time to think about the specific technique of each step.

"I'm most excited to continue getting better at pointe work," she answered when I asked what she was looking forward to for the rest of the year. "This challenge in the middle of the week is one of the best parts about the class, and is essential to ballet."



Standard One's working on their Character piece for the Spring Showcase

## Pilates Classes

Our Pilates classes are already up and running. They take place on Thursdays from 4:20pm to 5:50pm at our main studio. Registration can be obtained in the office, and the classes will be running until May 31st. Bring your own yoga mat if you have one, but we have some if you don't own one!