



2025-2026 School Year

INTRODUCTION TO DANCE

Intro to Dance 3 - 5 year olds Monday 4:00 - 5:00 PM

Intro to Dance 4 - 6 year olds Monday 6:00 - 7:00 PM

This program is perfect for parents who want their little ones (3-6 yr olds) to develop confidence, coordination and friendships in a fun and supportive environment. This one-hour class can be taken once or twice a week. A combination of ballet and creative movement introducing the fundamentals of dance in engaging, creative and imaginative ways through the use of music, props and role playing. Ours is a joyful and energetic program created especially for little ones who love to explore all aspects of movement while learning new skills. Each lesson is designed with structured activity that nurtures your child's physical and emotional development.

Leotard: Revolution Camisole Dress RD20019 Pink

Footed Tights: Revolution Color-Flow Footed Tights RD700003 Classic Pink

Ballet Shoes: Revolution Stretch Ballet Shoe 150-157 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 Black.

BALLET 1 / 2

Monday 5:00 - 6:00 PM

Wednesday 6:00 - 7:00 PM

7-8 year olds, and beginning 9 - 10 year olds

This one-hour class can be taken once or twice a week and is designed to nurture your child's curiosity and interest in formal dance technique. Students will be introduced to the Allen Conservatory's progressive curriculum and the fundamentals of classical ballet. Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for igniting your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels.

Leotard: Revolution Camisole Dress RD20019 Soft Lilac

Footed Tights: Revolution Color-Flow Footed Tights RD700003 Classic Pink

Ballet Shoes: Revolution Stretch Ballet Shoe 150-157 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 Black.



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BALLET 2/3

Monday 7:00 - 8:00 PM

Wednesday 6:00- 7:00 PM

8 - 9 year olds with ballet experience and beginning 10 - 11 year olds

This one-hour class meets twice a week and is designed to continue to nurture your child's curiosity and interest in formal dance technique. Students will continue to grow in confidence and ability through the Allen Conservatory's progressive curriculum. Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for igniting your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels. Additional classes are available for more serious students.

Leotard: Revolution Camisole Dress RD20019 Soft Blue

Footed Tights: Revolution Color-Flow Footed Tights RD700003 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 Black.

BALLET 3/4

Wednesday 5:00 – 6:00 PM

An Intermediate level ballet class for 9-11 year olds with ballet experience and older beginners.

Enrollment in this class is by instructor placement only. This class should be taken in conjunction with either Ballet 2/3 or Ballet 4.

Students will continue to grow in confidence and ability through the Allen Conservatory's progressive curriculum. This one-hour class is designed to continue to nurture your child's curiosity and interest in formal dance technique. Dancers will focus on developing elements of ballet technique, including posture, weight transfer, coordination, strength and musicality. Along with age appropriate barre exercises and stretching, new steps, including simple turns and leaps, are learned and put together to form choreography. A perfect class for igniting your child's love for dance and laying a solid foundation that will lead to successful progression to more advanced levels.

Leotard: Revolution Camisole Dress RD20019 Black

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Black.



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BALLET 4

Tuesday 5:30 - 7:00 pm

An Intermediate level ballet class for 10 - 11 year olds with ballet experience and older beginners.

Enrollment in this class is by instructor placement only. This class should be taken in conjunction with Ballet 3/4 and/or Ballet 4/5 classes. Additional classes are available for more serious students.

This class furthers your child's interest and proficiency in formal dance technique. Students will continue to grow in confidence and ability through the Allen Conservatory's progressive curriculum. Dancers will increase their focus on posture, coordination, strength and musicality with increased attention to developing the proper musculature. Work begins on laying the foundation for the eventual introduction to pointe work. More complex barre and center exercises are introduced and dancers are encouraged to explore their personal artistry. A perfect class for nurturing your dancer's love of ballet and laying a solid foundation that will lead to successful progression to more advanced levels.

Leotard: Revolution Camisole Dress RD20019 Black

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Black.

Beginner Pointe

Tuesday 7:00-7:30 PM

Wednesday 8:30–9:00 PM

This class is by invitation only for those students deemed by the instructor as ready for pointe work.

BALLET 4/5

Monday 5:30 - 7:00 PM

Wednesday 7:00 – 8:30 PM

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced class for ages 11 and up meets twice a week.

Minimum enrollment is twice a week and may be taken in conjunction with Ballet 4 and/or Ballet 5

Additional classes are available for more serious students.

These classes are designed for students who have reached the upper intermediate levels of the Allen Conservatory's progressive curriculum. Dancers will increase their focus on posture, coordination, strength and musicality with increased attention to developing the proper musculature. Work continues on developing the facility for safe and successful pointe work. Barre and center exercises increase in complexity with work on adagio, turns, jumps and leaps. At this level, dancers gain confidence as they see steady and measurable improvement in their dancing and enjoy the sense of accomplishment of reaching their dance goals.

Leotard: any style or color BALLET leotard. A Black leotard is required for Master Classes.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels



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BALLET 5

Tuesday 5:30 - 7:30 pm

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced class for ages 12 and up and may be taken in conjunction with Ballet 4/5 and/or Ballet 5/6. Additional classes are available for more serious students.

This class is designed for students who have reached the intermediate/advanced levels of the Allen Conservatory's progressive curriculum. Dancers will increase their focus on posture, coordination, strength and musicality with increased attention to developing the proper musculature. Work continues on developing the facility for safe and successful pointe work. Barre and center exercises increase in complexity with work on adagio, turns, jumps and leaps. At this level, dancers gain confidence as they see steady and measurable improvement in their dancing and enjoy the sense of accomplishment of reaching their dance goals. Dancers ages 12 and up are encouraged to audition for the Allen Civic Ballet, which provides additional performance opportunities.

Leotard: any style or color BALLET leotard. A Black leotard is required for Master Classes.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels

BALLET 5/6

Thursday 5:30 – 7:00 PM

Saturday 9:00 - 10:30 AM

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced/ Pre-Professional class for ages 13 and up. May be taken in conjunction with Ballet 5 and/or Ballet 6. Additional classes are available for more serious students.

This class is designed for students who have reached the intermediate/advanced levels of the Allen Conservatory's progressive curriculum. Dancers will increase their focus on posture, coordination, strength and musicality with increased attention to developing the proper musculature. Work continues on developing the facility for safe and successful pointe work. Barre and center exercises increase in complexity with work on adagio, turns, jumps and leaps. At this level, dancers gain confidence as they see steady and measurable improvement in their dancing and enjoy the sense of accomplishment of reaching their dance goals. Dancers ages 12 and up are encouraged to audition for the Allen Civic Ballet, which provides additional performance opportunities.

Leotard: any style or color BALLET leotard. A Black leotard is required for Master Classes.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

Pointe Shoes at this level are pointe, or de-shanked pointe shoes.

NO: booty shorts, black tights, leg warmers (except over injuries). Warm-ups may only be worn until you are warmed up.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels.



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BALLET 6

Monday 7:00 - 9:00 pm

Tuesday 7:30 - 9:00 pm

Wednesday 7:00 - 9:00 pm

Saturday 9:00 - 10:30 am (combined with Ballet 5)

Enrollment in this class is by instructor placement only. This Intermediate/ Advanced/ Pre-Professional class for ages 14 and up. Should be taken in conjunction with Ballet 5/6 classes. Additional classes are available for more serious students.

This class is designed for students who have reached the advanced levels of the Allen Conservatory's progressive curriculum. Students at this level are training at a pre-professional level with an emphasis on advanced artistry, musicality and pointe work. Variations (solos from classical ballets) are introduced and provide dancers valuable exposure to professional level work in addition to immersing dancers in the rich history and tradition of classical ballet. Dancers ages 12 and up are encouraged to audition for the Allen Civic Ballet, which provides additional performance opportunities.

Leotard: any style or color BALLET leotard. A Black leotard is required for Master Classes.

Convertible Tights: Revolution Color-Flow Convertible Tights RD700002 in six shades to match skin tone.

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 color of tights and shoes must match.

Pointe Shoes at this level are pointe, or de-shanked pointe shoes.

NO: booty shorts, black tights, leg warmers (except over injuries). Warm-ups may only be worn until you are warmed up.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401. Shorts should be replaced by black tights at the upper levels.

Body Conditioning for Dancers

Thursday 5:00 - 5:30 pm

A series of exercises tailored to a dancer's need for the development and improvement of strength and flexibility. A yoga mat and thera-band/resist-a-band will be needed.

Turning Class

Tuesday 5:00 - 5:30 pm

A class for ages 9 and up focusing on improving balance and rotation in turns.

CONTEMPORARY

Beginner & Intermediate: 7 – 12yo Thursday 6:15-7:00 pm

Intermediate & Advanced: 12 and up Thursday 7:00-7:45 pm

A fusion of modern/ lyrical/ jazz and ballet. Ages are guidelines only. Placement is by skill level as assessed by the instructors.

Dress code attire is shorts or leggings, preferably black, along with a fitted top. No baggy t-shirts. Hair must be pulled back out of the face.

Footwear: Capezio Hanami Canvas Pirouette Shoes in color that best matches your skin color. These shoes are available at discountdance.com or on Amazon.com.