



# Ballet with Melissa McCalley

**\$30 PER SESSION, 4 CLASSES IN EACH SESSION**

**Pre Ballet – ages 3 to 5** \_\_\_\_\_ Tuesdays 3:30 PM – 4:30 PM  
\$30 – Jan 2 – Jan 30

This class assists the young dancer in identifying basic forms of movement through imaginative games, songs, music and rhythmical patterns while fostering independence. Students will be introduced to the concepts of body, energy, space, & time as well as encouraged to take direction from the instructor and share turns with peers.

**Ballet Level 1 – ages 6 to 9** \_\_\_\_\_ Wednesdays 3:30 PM – 4:30 PM  
\$30 – Jan 3 – Jan 31

The goal of Ballet Level 1 is to impart the fundamentals of classical ballet. Class will focus on basic ballet technique, proper body alignment, French terminology and musicality. Students will be introduced to elementary barre and center work.

**Ballet Level 2 – ages 10 and up** \_\_\_\_\_ Thursdays 3:30 PM – 4:30 PM  
\$30 – Jan 4 – Feb 1

In Ballet Level 2, attention is paid to the proper extension of the legs and shape of the feet, developing movement sequences, port de bras and balance. Students will see an increase in difficulty in barre and center work. Students begin focus on repetition and retention.

**What to Wear:** Pre ballet, ballet level 1 and ballet level 2 - Ballet slippers, any style leotard and tights. Hair must be neatly secured in a bun. Skirts are optional.

**About Melissa:** Melissa McCalley’s love for ballet started at The Continental Ballet Company at the age of five. She continued studying ballet until she graduated in 2001. After high school Melissa began performing professionally as well as teaching with the Continental Ballet Company. Productions Melissa has performed in include The Nutcracker, Cinderella, Swan Lake, Coppelia, Les Sylphides, Rodeo and Peter and the Wolf. As well as teaching and performing with the Continental Ballet Company, Melissa taught Ballet with the Rising Star Dance Academy in 2011.

Name of Child \_\_\_\_\_ Parents Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Date of Birth \_\_\_\_\_

Age of Child \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone \_\_\_\_\_

**CLASSES HELD AT WINSTED ARTS COUNCIL 141 MAIN AVE W DOWNTOWN WINSTED**

**QUESTIONS? EMAIL [WINSTEDARTSCOUNCIL@GMAIL.COM](mailto:WINSTEDARTSCOUNCIL@GMAIL.COM) OR FIND US ON FACEBOOK**

CLASSES WILL CONTINUE THROUGH THE SCHOOL YEAR

PLEASE MAKE CHECKS PAYABLE TO WINSTED ARTS COUNCIL PO BO 177 WINSTED, MN 55935