



SECOND EDITION



Getting Started in Ballet

A Parent's Guide to Dance Education



ANNA PASKEVSKA

revised by Maureen Janson

Getting Started In Ballet A Parents Guide To Dance Education

William August Draves



Getting Started In Ballet A Parents Guide To Dance Education:

Getting Started in Ballet Anna Paskevskaja, 1997-12-18 Many children dream of being a ballerina. Children raised with purpose, arms high above head, they twirl clumsily around the living room and leap tirelessly in the air. Sooner or later they're bound to say, "I want to dance." Now what do you do? How do you know if the time is right? Where's the best place to start? In *Getting Started in Ballet*, Anna Paskevskaja draws from her training at the Paris Opera Ballet School and the Royal Ballet School in London and her career as a professional dancer and teacher to offer a step-by-step introduction to dance education for parents with children starting ballet. Paskevskaja begins with a historical overview of dance and discusses the fundamental virtues and many life-long skills it imparts. Dance teaches children how to cooperate and support each other's efforts, encourages them to work in harmony with others, helps establish a child's spatial relationships, and promotes discipline and responsibility. Paskevskaja outlines the proper sequence for training in ballet based on a child's physical and mental development. She clearly demonstrates how ballet's early training, focusing on repetition of simple motion such as exercises at the barre and basic jumps, establishes pathways for all later movements, not only in ballet but in modern dance, jazz, and tap as well. Written in a clear and accessible style and full of anecdotes from Paskevskaja's long professional dance-related career, *Getting Started in Ballet* offers helpful information on types of dance schools and how to select the right school for your child. Included is valuable information on choosing a dance instructor, the role both parents and teachers should play in a child's learning experience, and the qualities the ideal teacher should possess. Also discussed are more practical matters such as the appropriate clothing to wear while practicing, the importance of shoes that fit properly, how to secure pointe shoes, tips for avoiding injury, and how to balance training and performing experience during the formative years. A special chapter covers proper diet, eating disorders, and ways to recognize symptoms of imbalance. Finally, Paskevskaja touches upon the professional world of dance, attending college as a dance major, and advice on choosing careers that benefit from a background in dance. With forewords by Violette Verdy, a preeminent ballerina affiliated with the New York City Ballet and the Paris Opera Ballet, and Sybil Shearer, a pioneer of American modern dance, as well as an extensive appendix of performing arts schools and dance programs throughout the United States, *Getting Started in Ballet* gives parents the advice they need to make their child's dance experiences both enjoyable and constructive.

[Getting Started in Ballet : A Parent's Guide to Dance Education](#) Anna Paskevskaja, Chair of the Dance Department, Chicago Academy for the Arts, 1997-10-20 Many children dream of being a ballerina. Children raised with purpose, arms high above head, they twirl clumsily around the living room and leap tirelessly in the air. Sooner or later they're bound to say, "I want to dance." Now what do you do? How do you know if the time is right? Where's the best place to start? In *Getting Started in Ballet*, Anna Paskevskaja draws from her training at the Paris Opera Ballet School and the Royal Ballet School in London and her career as a professional dancer and teacher to offer a step-by-step introduction to dance education for parents with children starting ballet. Paskevskaja begins with a historical overview

of dance and discusses the fundamental virtues and many life long skills it imparts Dance teaches children how to cooperate and support each other s efforts encourages them to work in harmony with others helps establish a child s spatial relationships and promotes discipline and responsibility Paskevskas outlines the proper sequence for training in ballet based on a child s physical and mental development She clearly demonstrates how ballet s early training focusing on repetition of simple motion such as exercises at the barre and basic jumps establish pathways for all later movements not only in ballet but in modern dance jazz and tap as well Written in a clear and accessible style and full of anecdotes from Paskevskas long professional dance related career *Getting Started in Ballet* offers helpful information on types of dance schools and how to select the right school for your child Included is valuable information on choosing a dance instructor the role both parents and teachers should play in a child s learning experience and the qualities the ideal teacher should possess Also discussed are more practical matters such as the appropriate clothing to wear while practicing the importance of shoes that fit properly how to secure pointe shoes tips for avoiding injury and how to balance training and performing experience during the formative years A special chapter covers proper diet eating disorders and ways to recognize symptoms of imbalance Finally Paskevskas touches upon the professional world of dance attending college as a dance major and advice on choosing careers that benefit from a background in dance With forewords by Violette Verdy a preeminent ballerina affiliated with the New York City Ballet and the Paris Opera Ballet and Sybil Shearer a pioneer of American modern dance as well as an extensive appendix of performing arts schools and dance programs throughout the United States *Getting Started in Ballet* gives parents the advice they need to make their child s dance experiences both enjoyable and constructive *California Preschool Learning Foundations: Visual and performing arts. Physical development. Health* Faye Ong,2008 **Notes** Music Library Association,1998 **Attitudes & Arabesques** ,1997 **The Cumulative Book Index** ,1998 A world list of books in the English language **A Chance to Dance** Betsy Bradley,2015-11-23 A Chance to Dance explains everything parents need to know to help their child pursue dance as a temporary hobby or a long term career Written by Betsy Bradley a ballet instructor with forty years experience who is also trained in child development this comprehensive guide touches on a wide assortment of dance disciplines including ballet modern musical theater and more With the rising popularity of dance reality TV shows such as So You Think You Can Dance and Dancing with the Stars more and more kids are becoming interested in taking dance lessons But while these shows present a great picture of what a dance education can produce they don t offer parents much if any information on how to help their child get that necessary training There is more to parenting a dancer than dropping your kid off at the local studio for a class and showing up for recitals Discover how to give your child a healthy foundation for all his or her dancing dreams by deciding what style of dance to learn picking a studio that fits your child s goals and encouraging your child through the various auditions and competitions he or she might encounter Australian Books in Print 1999 K G Saur Books,1999-04 Excellent coverage essential to worldwide bibliographic coverage American

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The book delves into Getting Started In Ballet A Parents Guide To Dance Education. Getting Started In Ballet A Parents Guide To Dance Education is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Getting Started In Ballet A Parents Guide To Dance Education, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Getting Started In Ballet A Parents Guide To Dance Education
 - Chapter 2: Essential Elements of Getting Started In Ballet A Parents Guide To Dance Education
 - Chapter 3: Getting Started In Ballet A Parents Guide To Dance Education in Everyday Life
 - Chapter 4: Getting Started In Ballet A Parents Guide To Dance Education in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Getting Started In Ballet A Parents Guide To Dance Education. The first chapter will explore what Getting Started In Ballet A Parents Guide To Dance Education is, why Getting Started In Ballet A Parents Guide To Dance Education is vital, and how to effectively learn about Getting Started In Ballet A Parents Guide To Dance Education.
 3. In chapter 2, the author will delve into the foundational concepts of Getting Started In Ballet A Parents Guide To Dance Education. The second chapter will elucidate the essential principles that need to be understood to grasp Getting Started In Ballet A Parents Guide To Dance Education in its entirety.
 4. In chapter 3, the author will examine the practical applications of Getting Started In Ballet A Parents Guide To Dance Education in daily life. This chapter will showcase real-world examples of how Getting Started In Ballet A Parents Guide To Dance Education can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Getting Started In Ballet A Parents Guide To Dance Education in specific contexts. The fourth chapter will explore how Getting Started In Ballet A Parents Guide To Dance Education is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Getting Started In Ballet A Parents Guide To Dance Education. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Getting Started In Ballet A Parents Guide To Dance Education.

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