

# Graded Cecchetti Ballet

Continuing Synergy's philosophy of the importance of technique, we offer classes in the study of The Cecchetti Method of ballet. Students can begin these classes at age 8 and can start testing as early as age 9. Strong reading skills are needed for this curriculum and well as discipline and a desire to learn.

Cecchetti training is a rigorous method which pays careful attention to the laws of anatomy. It develops all of the qualities essential to the dancer: balance, poise, strength, elevation, elasticity, "ballon", etc. It is classic in its purity and clear-cut style.

The examining process gives each student a goal to work towards and allows them to achieve it. It takes discipline to study theory and work hard in class to reach the technical requirements for each grade level. Achieving goals heightens self-esteem by allowing the dancer to graduate to the next level upon successful completion of the previous grade. The benefits of using a method which builds from one level to the next is important in developing a well-trained dancer.

This class is for the serious ballet student that wants to be monitored and measured by the highest standards. Students must be invited into these classes and are encouraged to take additional ballet classes to enhance their ballet experience.

If you are interested in getting more information please email Ms. Lynne at [LTaylor@synergy-dance.com](mailto:LTaylor@synergy-dance.com)