

CENTRAL MIDWEST BALLET *Academy*

March

Important Dates

March 8 – Junior Division in-studio parent showcase

Mondays 11 am – adult open classes

Now – Summer classes and camps registration are open!

Ballet Term of the Month

Degagé



Photo Credit: Kat Steinnon
Dancer: Lilly

Degagé means to disengage. For this movement the dancer slides their foot along the floor then points it so it comes several inches off the floor.

Maelanie's Memo

We are glad to have welcomed a few new students to our classes over the last few weeks! Everyone has been working hard on pirouettes, waltz turns, croisé and effacé.

-Maelanie

Junior 1

Junior 1 is the first level CMB offers, but students in this level must already have basic ballet knowledge and experience. These dancers are ages eight and up and they have two



75 minute ballet classes a week. To work on acting, musicality, and other skills needed for performances such as forming straight lines, Junior 1 studies excerpts from two classical story ballets a year. Currently they are learning pieces from Cinderella. Junior 1 students can also choose to participate in The Little Matchstick Girl and the Spring Showcase.

Hannah

Hannah is a fourth grader who dances in the Junior 1 division at CMB. She started dancing when she was three at Storybook Ballet.. She feels comfortable at CMB, but she also feels like she's being challenged. Her favorite step is dégagé and outside of ballet she likes to play piano.



About the Editor

Sophie is a sophomore at West High School and dances in the Pre-Professional division.