



SECOND EDITION



Getting Started in Ballet

A Parent's Guide to Dance Education



ANNA PASKEVSKA

revised by Maureen Janson

Online Getting Started Ballet Parents Education

Anna Paskevsk



Online Getting Started Ballet Parents Education:

Getting Started in Ballet Anna Paskevskaja, 2016 In *Getting Started in Ballet A Parent's Guide to Dance Education* authors Anna Paskevskaja and Maureen Janson comprehensively present the realities that parents can anticipate during their child's training and or career in ballet. It can be daunting and confusing when parents discover their child's desire to dance. Parental guidance and education about dance study typically comes from trial by fire. This book expertly guides the parental decision making process by weaving practical advice together with useful information about dance history and the author's own memoir. From selecting a teacher in the early stages to supporting a child through his or her choice to dance professionally, parents of prospective dancers are lead through a series of considerations and encouraged to think carefully and to make wise decisions. Written primarily as a guide book for parents, it is just as useful for teachers and this exemplary document would do well to have a place on the bookshelf in every dance studio waiting room. Not only can dance parents learn from this informative text, but dance teachers can be nudged toward a greater understanding and anticipation of parents' needs and questions. *Getting Started in Ballet* fills a gap conveniently under one cover, welcoming parents to regard every aspect of their child's possible future in dance. Without this book, there would be little documentation of the parenting aspect of dance. Dance is unlike any other training or field, and knowing how to guide a young dancer can make or break them as a dancer or dance lover.

Quick Cash for Teens Peter Bielagus, 2009 Provides ideas for teens to make some money mainly starting a small business. **Resources in Education**, 1994. *Parents' Magazine & Family Home Guide*, 1955.

Getting Started in Ballet Anna Paskevskaja, 1997-01-01 This book will assist in the design of a dancer's life. Speaks about important issues and concerns so that dancers or anyone involved with the guidance of a dancer can make informed decisions each step of the way. Based on a life in dance, Paskevskaja guides us through matters crucial to a dancer's full realization with information that is backed up by academic research and personal anecdotes. Chapters: why dance, dance training, how to select a teacher and school, progression of training, what to wear, parent and teacher relations, recitals, demonstrations and concerts, avoiding injuries, diet and eating disorders, entering the profession beyond secondary education and a dancing career, and parenting the dancer. B+W photos. **Dance for Joy** Olivia Parker, AI, 2025-02-14 *Dance for Joy* unveils the profound benefits of dance as a holistic approach to enhancing well-being. It explores how even short bursts of dance can significantly improve physical health, elevate mood, and foster social connections. The book emphasizes that dance isn't merely exercise; it's a comprehensive tool for stress reduction and overall happiness. Intriguingly, modern research validates historical traditions, proving dance's positive impact on both physical and mental states, and dance boosts mood regulation through the release of endorphins. This book distinguishes itself by offering a practical, accessible guide to integrating dance into daily life without requiring specialized skills or equipment. *Dance for Joy* begins by establishing the mind-body connection, progressing through chapters that detail dance's impact on cardiovascular health, mood regulation, and

social bonds It concludes with actionable strategies for readers to personalize their own dance routines making it a unique and valuable resource for anyone seeking a joyful path to improved health fitness and emotional well being **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 Chin 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 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 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 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 Library Media Connection ,2000 The Big Book of Home Learning Volume 1 Getting Started Mary Pride,2000-09 **Film & Video Finder** ,1997 *The Complete Idiot's Guide to Cool Ways to Communicate Online* Preston Gralla,2000 Readers will learn about e mail Web scams faxing and voice mail and much more with this comprehensive guide to communication on the Internet CD ROM contains software for making telephone calls over the Internet for doing videoconferencing and video calls for setting up Web cams and more **Resources in Education** ,1997

A Practical Guide to Early Childhood Curriculum Claudia Fuhrman Eliason,Loa Thomson Jenkins,2008 This applied guide to planning and implementing curriculum across the content areas for children ages 3 to 8 provides students with a depth of background knowledge not usually seen in a text containing practical highlighted strategies unit and lesson plans suggested activities recipes and more Core chapters cover Social studies including diverse people self and family physical activity and nutrition Language development Literacy development Science 3 separate chapters Problem solving and math Music and movement Creativity art and dramatic activities Key changes to this edition include separate chapters on language development and literacy development new tables linking learning activities with specific content area standards streamlined content throughout and new Web sites **Faites-en Votre Affaire** Atlantic Canada Opportunities Agency,2000

Instructor ,1997 **Learning and Leading with Technology** ,2000 **The Education Index** ,1982 CAHPERD Journal Times California Association for Health, Physical Education, Recreation and Dance,1999 **Developing Learning Skills Through Children's Literature** Mildred Laughlin,Letty S. Watt,1986-07-25 This book suggests ideas for sharing literature that may be utilized in developing a scope and sequence of literature experiences for children in grades K 5 For primary grades K 2 the activities are primarily arranged through sharing the works of a particular author or illustrator Through this deliberate exploration the child begins to know that person as a friend S he is excited about new books by that same author or illustrator and discusses books on a level not often achieved if authors are approached only haphazardly Those included represent a variety of classic and current authors and illustrators too good to miss who have made a particular contribution to literature for young people **Kliatt Young Adult Paperback Book Guide** ,1993

Online Getting Started Ballet Parents Education Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Online Getting Started Ballet Parents Education**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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