

**REMINDER**

**TUITION**

Participants may make tuition payments in advance at any time. However, all tuition payments, minus the registration deposit of \$50, must be made in full on the first day of the seminar. Make out all deposit and tuition payment checks to “**Pennsylvania Academy of Ballet Society.**” Visa and Master Card are accepted.

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**BRYN MAWR RESIDENTS**

Room/meal payments must be made on or before June 15, 2010. Make out all deposit, tuition and accommodations payment checks to “**Pennsylvania Academy of Ballet Society.**” Visa and Master Card are accepted. We cannot confirm your room reservation if we do not receive this payment on time.

.....  
**EXTENDED STAY**

July 11 is the final day of the seminar. Please make your travel plans to allow you to complete the course. Leaving early will mean missing important information. If travel plans cannot be arranged to leave at the end of the day (11th) then plan to stay an additional night at the college. This arrangements must be made in advanced. (Note the registration form.)

**SPECIAL NOTE**  
The seminar’s are a service to the dance community, and fees are kept as low as possible.

*(Detach and return with deposit)*

NAME: \_\_\_\_\_ PHONE: ( \_\_\_\_ ) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ E-MAIL: \_\_\_\_\_  
(STREET)

\_\_\_\_\_  
(CITY) \_\_\_\_\_ (STATE) \_\_\_\_\_ (ZIP)

SCHOOL AFFILIATION: \_\_\_\_\_

ARE YOU PRESENTLY TEACHING? \_\_\_\_\_ HOW LONG? \_\_\_\_\_

PAYMENT DUE: Tuition \$ \_\_\_\_\_ Resident  
Room/Board \$ \_\_\_\_\_ Extended stay \$ \_\_\_\_\_ = Total \$ \_\_\_\_\_

PAYMENT INCLUDED WITH REGISTRATION \$ \_\_\_\_\_

Payments can be made by check payable to “Pennsylvania Academy of Ballet Society” or by credit card.  
Circle card being used:  
VISA / MASTER CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

**ALUMNI QUOTES**

*"I felt this seminar was by far the best that I have attended. It is well designed for those of us who are out there trying to be good teachers."*

- Concord, New Hampshire

*"John White's immaculate handling of the Vaganova syllabus was both illuminating and restorative. No serious teacher of classical ballet today can afford not to make this material the cornerstone of his/her teaching procedure."*

- Roxbury, Connecticut

*"I have been in this business for well over thirty years, and have studied with and danced with some of the best in the 'free world'. The thing I loved about the seminar was the feeling of being challenged intellectually and humbled by what I didn't know."*

- Richmond, Virginia

*"Mr. White was the most knowledgeable ballet instructor I had ever met. He was patient and willing to work every detail until we understood everything fully. I had taken other teacher training courses and pedagogy seminars, and none were as precious to my career."*

- Conshohocken, Pennsylvania

*"Being a bit hesitant to attend, not knowing what to expect, I can say I was delighted. I will use this new information so I too can promote the real art of ballet. Thank you, thank you, thank you!"*

- Raleigh, North Carolina

*"The seminar as a whole is fantastic. I feel so enriched. I have a much better understanding of how to teach ballet and of the art itself. I look forward to working with this material now and in the future."*

- Cheltenham, Pennsylvania

# *Vaganova Syllabus*

◆ SEMINAR ◆

*Outstanding opportunity for  
all serious teachers to learn the  
method that trains so many  
outstanding dancers.*

**Pennsylvania Academy  
of Ballet Society  
29 N. Narberth Ave.  
Narberth, PA 19072  
1-(610)-664-3455  
E-mail: [info@PaAcademyofBallet.com](mailto:info@PaAcademyofBallet.com)  
Web: [www.PaAcademyofBallet.com](http://www.PaAcademyofBallet.com)**

## BACKGROUND

Since 1978, the Pennsylvania Academy of Ballet has offered seminars for serious teachers based upon the Vaganova syllabus. Workshops are conducted by John White, Co-Director of the Academy, who studied and trained for several years with Soviet ballet masters while a member of Alicia Alonso's BALLET NACIONAL DE CUBA. The seminars follow the curriculum and standards set forth by the Russian Academy of Ballet in St. Petersburg, Russia.

In 1960, Mr. White joined the Cuban Ballet where he became a soloist and ballet master. The company toured extensively throughout Eastern Europe, Latin America and Asia. While in Russia, Mr. White visited the Vaganova school and was privileged to take classes with Russian teachers.

After returning to Cuba, the company arranged for an extended residency by several Russian ballet masters. During this two-year period, Mr. White took daily classes and studied pedagogy under Victor Zaplin. Later, Mr. White began teaching company men's class and also a boy's class in the new state school, CUBA-NACAN.

After returning to the United States, Mr. White, together with his wife, Cuban ballerina Margarita de Saá, freelanced until they joined the school of the Pennsylvania Ballet Company. Mr. White acted as head instructor, company teacher and interim ballet master. In 1974, the Whites opened their own school, the Pennsylvania Academy of Ballet, near Philadelphia. The Academy has earned a national reputation for training students working toward careers in ballet. Many graduates are dancing in companies throughout the world, and several have won high honors in both national and international competitions. Mr. White is considered an authority on the Vaganova method. He has written two books, Teaching Classical Ballet and Advanced Principles in Teaching Classical Ballet published by the University Press of Florida.

## MATERIAL COVERED

The material to be covered comprises the fundamentals of pedagogy for teaching classical dance which stress a detailed analysis of the following:

- The basic stance and correct placement
- Turnout
- Aplomb (vertical alignment and stability)
- Epaulement and port de bras
- Organization of barre, center and allegro exercises
- Pointe
- Simple batterie
- Turns on two legs and on one leg
- Systematic progression from simple to complex
- Division of small and large poses
- Proper musical counts for each exercise

Finally, there will be an analysis of the underlying logic of the method and why it has produced so many outstanding dancers for over eighty years.

## FORMAT

The courses will be conducted in seminar form. Participants will not be expected to dance. Study materials will be furnished, and ample time will be allotted for questions and answers. Attendants will also observe videos that demonstrate the serious professionalism of Russian ballet training.

## GOALS

The course is designed to help established teachers and aspiring novices apply sound methodology to their individual teaching situations. Over 600 teachers from the United States and abroad have benefited from these seminars. Experienced teachers will gain greater insights into teaching methodology and theory, while novices will learn the importance of a systematic approach to teaching. The knowledge gained will enable all teachers to work with their students with greater awareness and confidence.

## LOCATION

We are offering one teacher's course this year. The seminar will be held at Bryn Mawr College in Bryn Mawr, PA (a Philadelphia suburb). Out-of-state-attendants will be housed in comfortable rooms on campus and eat meals in the school dining room. Commuters may join residents for lunch in the dining room.

### **GRADES 1-3**

**July 6 - 11, 2010**

*(6 study days)*

This seminar will focus on Grades 1-3 of the Vaganova syllabus. These comprise the elementary work that emphasizes those subjects mentioned in the "Material Covered" section of this brochure.

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### **NOTE**

**All seminar attendants are invited to observe and take classes at the Pennsylvania Academy of Ballet, at no charge, during their stay in Bryn Mawr.**

## FEE SCHEDULE

Any former seminar students, who wish to repeat years **previously** taken with John White, will receive a 30% discount on tuition fee bringing the tuition payment to \$353.00

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### **GRADES 1-3**

**July 6 - 11, 2010**

*(6 study days)*

**TUITION FEE: \$505.00**

**ROOM AND BOARD: \$370.00**

*Check in July 5, out July 11 (6 nights)*

**EXTENDED STAY: \$60.00**

*July 11 to July 12 (1 night)*

The above price includes single dorm room with shared bath, meals and linens.

**6 IMPORTANT - read notes on "Reminder" page.**

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Fill out both sides of this form and return with a registration fee of \$50 to be applied toward tuition (non-refundable). Tuition is payable by check or credit card (Visa and Master Card are accepted.)

*Please mark which of the following applies:*

I will attend the seminar:

\_\_\_ as a commuter

\_\_\_ as a resident

\_\_\_ I will extend my residency to include July 12.