Wish Upon a Ballet

Welcome to Wish Upon a Ballet™!

Welcome to the Wish Upon a Ballet™ video program for young dancers! My name is Gina Mayer and I have been teaching the performing arts to children since 1996. My students bring me so much joy and my hope is to bring the joy of Wish Upon a Ballet™ to a wider audience.

Thank you so much for your interest in helping to enrich your child's life through the performing arts. The performing arts are incredibly beneficial to all of us but especially to young children. Learning dance technique and steps helps coordination, posture, strength and flexibility. And in the Wish Upon a Ballet™ program each step or activity is taught through storytelling, creativity and imagination. Then adding music you are working the whole body and mind.

Before you and your child begin this adventure with me I want to make a note that this program is not a replacement for a regular in person ballet class with a qualified instructor. This program is meant to be an addition to your current weekly dance class, a temporary substitute if you are not able to take a class at this time, or if you just want something for your child to do when they are allowed some screen time that is educational as well as fun.

So what is the purpose of the Wish Upon a Ballet™ program?

First is to learn ballet! Your child will learn ballet steps such as first position, plié ,relevé and tendu. They will also learn about ballet stories as well as classical music from ballets such as *The Sleeping Beauty* and The *Nutcracker*.

Second, they will expand their minds through creativity. All the Wish Upon a Ballet™ material is taught through a creative story so that learning is fun! Which brings me to the most important purpose of the Wish Upon a Ballet™ program and that is - to have fun!

You can have fun right along with your child! However I encourage you to try to resist the temptation to correct your child unless they ask for help. They don't need to execute the steps perfectly. Let them explore. Young students are not ready to properly execute ballet steps anyway so we don't want to force anything. Just let their bodies do what they do naturally. If they are interested in pursuing ballet when they are a bit older there will be plenty of time for them to formally study the art of ballet. This is a time to explore, create and play.*

With that being said however this program is guaranteed to teach real ballet steps to your child and they will learn!

Just a final note to also keep safely in mind. Make sure your child has a bit of room to move around without any obstacles in their way.

Thank you again for your interest in Wish Upon a Ballet! I am so excited to start this journey and dance with your child!

Ms. Gina Ballerina

*Young children do not have the ability to properly execute certain ballet movements such as a proper turnout. Turnout is when a ballet dancer rotates their whole leg turned out to the sides. Most ballet movements are in turnout. However a ballet dancer's turnout must be developed over years of practice and body awareness. It requires flexibility and strength. Your child can copy me and try to turnout from time to time but don't encourage them to stay in turnout for a long time. They are not ready for that yet. Just let them dance and have fun!

We also don't want to encourage a young dancer to dance on "pointe". This means on the very tips of their toes like a professional ballerina. Dancing on pointe requires years of practice, a lot of strength and the correct shoes. In our classes we dance on "half pointe" or on tiptoes. The feet are bent where the toe joint meets the foot as the dance stretches up tall! Keeping young bodies healthy and strong is important for their growth whether in dance or in life!