

1. Record Nr.	UNINA9910784764503321
Autore	Paskevska Anna
Titolo	Getting started in ballet : a parent's guide to dance education / / Anna Paskevska
Pubbl/distr/stampa	Oxford : , : Oxford University Press, USA, , 1997
ISBN	0-19-772799-9 1-282-38422-8 9786612384226 0-19-535364-1
Descrizione fisica	1 online resource (xiv, 162 pages) : illustrations
Disciplina	792.8071
Soggetti	Ballet - Study and teaching Dance schools
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliography and index.
Nota di contenuto	Contents; Preface; Foreword; Introduction; 1. Why Dance?; 2. Dance Training; 3. How to Select a Teacher and School; 4. Progression of Training; 5. What to Wear; 6. Parent and Teacher Relations; 7. Recitals, Demonstrations, and Concerts; 8. Avoiding Injuries; 9. Diet and Eating Disorders; 10. Entering the Profession; 11. Beyond Secondary Education and a Dancing Career; 12. Parenting the Dancer; Appendix; Selected Bibliography; Index
Sommario/riassunto	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 Paskevska draws from her training at the Paris Opera Ballet School 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 startin