

BalletMet Dance Academy challenge: “Dare to be Moved”

By **Jenny Young** /

It's coming: the end of summer. Pools close next weekend, and before you know it, it will be dark during rush hour, and the couch will begin to feel like the only entertainment option after dinner.

Or, this could be the year you become a dancer.

While the message at BalletMet Columbus is “dare to be moved,” at its Academy, “dare to move” might be more appropriate. BalletMet Dance Academy offers classes that are a multitasker's dream come true. In a single class you can stretch and tone your bod, unwind from stress, learn French (*pas de deux*, anyone?), and master moves that'll wow friends and foes alike in practically any social setting.

As one might expect, BalletMet Dance Academy, which is ranked among the country's five biggest dance-training centers affiliated with a professional company, offers ballet. However, adults of any age can also learn jazz, Irish step and modern, even with no previous experience.

Intermediate classes are also offered in Ailey Movement (a style created by the founder of Alvin Ailey American Dance Theater, who was inspired by blues and gospel music) and Dunham Technique (the invention of Katherine Dunham, a student of Caribbean and African dance forms). Both of these classes, which require the teacher be specially trained, are taught by April Berry, BalletMet's Director of Education and Community Programs, who danced with Ailey's company for 11 years and studied with Dunham herself.

For students who prefer their workouts be more “workout”-like, BalletMet also teaches Pilates, the yoga-like exercises known for creating tight abs, and a general exercise class that utilizes basic dance movement.

Held in the company's state-of-the-art professional studios, BalletMet Academy classes are taught by an experienced professional faculty, and most feature live accompaniment. Evening class times are tailored for adult schedules, and don't require leaving work early to get there on time. Tuition can be as low as \$10 per class.

For most people, dance is something other people do, but it doesn't have to be. Classes at BalletMet are as good for your mind as they are for your body. Besides an opportunity to develop a “ballet butt,” they're an outlet for self-expression, a chance to meet people, and a legitimate excuse to run around in tights. And who doesn't love that?

BalletMet Dance Academy is the perfect place to build on your dance experience or start something altogether new. Either way is an enticing incentive to say goodbye to the couch for a night.

Dare to move!

New fall classes are now being offered at BalletMet Dance Academy, 322 Mt. Vernon Ave. For more information, call 614.224.1672 or visit www.balletmet.org.

Jenny Young is communication manager for BalletMet, a member organization of the Columbus Arts Marketing Association. For more information, visit www.continue.to/cama.

Issue Date: Aug 26, 2004. Volume: 9 No 11.