



Moscow Ballet
NEW HORIZONS
A CHILDREN'S PROGRAM FOR LIFE

New Horizons Summer – A Week of Immersion

New Horizons Summer provides a full week of enrichment and cultural immersion. Rooted in the performing arts, the three-pronged approach to developing happy and healthy children addresses children's dietary, movement and creative expression behaviors through unique, hands-on experiences with Moscow Ballet dancers. Each day of the week includes...



READING from Moscow Ballet's *Tales of Classical Ballet*, is a critical first-step in the week of immersion. Hearing stories read aloud activates children's learning and cognitive processes. The beautifully illustrated hardback book features the Great Russian Nutcracker story and nine more classic story ballets.

MOVEMENT exercises with the Russian professionals... children are led in exercises based on ballet principals from Ballet is the Best Exercise, by prima ballerina Cynthia Gregory. This is a fun time (no one is expected to become a professional dancer!) and develops self-awareness of a healthy, active body.

INTERACTIVE role playing, puppetry and storytelling with Moscow Ballet professionals develops children's self-confidence, self-awareness and creativity - an important experience often overlooked (or not funded) in curriculum in today's schools.

CULTURE AND FOOD Nutritionist Deb Phillips created nutrition guidelines for the "New Horizons" program which the dancers' present to the children during snack time. They learn about Russian culture through food and more, an enriching once-in-a-lifetime experience.

THE WEEK CULMINATES in a one-half hour demonstration by the children of one of the 10 story ballets. Experiencing this week of immersion takes children to a place where imagination becomes real and empowers each child's sense of self and creative expression.

