

FRENCH
AMERICAN
BALLET
THEATRE
PARIS | NYC

Season 2024-2025



PHILOSOPHY

French-American Ballet Theatre offers a personalized program, which drives students to excellence while pursuing their passion. Leveraging their own abilities, the goal is to lead each dancer to develop outstanding talent with the acquisition of professional technique and artistic skills, and ultimately achieve their own ambition.

Whether it is to fulfill a personal passion or to prepare for auditions to competition or ballet companies, French-American Ballet Theatre will guide its students through their journey.

Inspired by teaching methods from leading European and American ballet companies, French-American Ballet Theatre proposes a unique set of classical ballet classes for intermediate and advanced dancers, theme-focused workshops and tailored private lessons.

French-American Ballet Theatre aims to be a school of life, in which students are taught the importance of responsibility and are primed for forging their own careers. The purpose is for the students to blossom into cultured, well-rounded individuals with a sense of curiosity and drive.



Marie Lorène Fichaux

Artistic Director



THE TRAINING

Marie Lorène Fichaux began dancing in her home city of Paris with Diane Ledrich, Principal Dancer of the Mariinsky Ballet, Russia. Later, she joined the classes of Paris Opera Ballet training under the direction of stars Jean-Pierre Toma and Claudette Scouarnec among others. Once her education completed, she was awarded a professional diploma at the Conservatoire National Supérieur de Paris by Claire Sombert, a Dance Expert at the French Ministry of Culture, also Etoile du Ballet du Rhin and partner of Gene Kelly in Hollywood. Further on, she joined the Teatro alla Scala Ballet in Milan, Italy, where she completed her professional studies under the direction of Anna-Maria Prina to then start her career as a member of the corps de ballet.



THE DANCER

Over the course of her career, Marie Lorène Fichaux was an interpret for the Teatro alla Scala Ballet (Italy), The Ballet Junior de Genève (Switzerland), and was named First Artist with The Royal Ballet of London (U.K.). She became a First Soloist for La Compañía Nacional de Danza de España, while carrying on as a Principal Dancer for The European Ballet, The English Youth Ballet, Ballet de la Comunidad de Madrid and Le Ballet Classique de Paris. In the USA, she performed as a First Soloist for NYCB, American Ballet Theatre & Friends, Boston Ballet and more. Her repertoire includes roles drawn from the great classical repertoire from Marius Petipa to Auguste Bouronville, along with pieces by world class choreographers such as George Balanchine, Jerome Robbins, Nacho Duato, Jiri Kylian and William Forsythe among others.

Marie Lorène Fichaux is a gold medalist of the Carpeaux International Competition (France), the Acqui in Palcoscenico Competition and the Premio Internazionale Danza Giovani (Italy). Recently, she was awarded the “Extraordinary Dancer Award” at the Italian International Dance Festival of New York and named Ambassador for the Arts for UNICEF.



THE CHOREOGRAPHER

Marie Lorène took her first steps into the world of choreography by creating “*Double Jeu*”, an original piece commissioned by Roman Baca, a US-UK Fullbright Commissioner for the Arts and director of the Exit 12 Dance-Ballet Theatre Company. Since then, she choreographed “*Vaslav*”, a principal solo for the Alvin Ailey American Dance Theater and Fordham BFA program and whipped up more than thirty classical and neoclassical pieces for her professional students.

Marie Lorène Fichaux

Artistic Director

THE TEACHER

As a ballet teacher, Marie Lorène Fichaux is a recipient of the French “*Diplôme d’Etat*” (MA, Dance in Education) from Le Centre National de la Danse in Paris and has earned a “*Certificat d’Aptitude*” in Dance Pedagogy from the Conservatoire National Supérieur de Lyon (France), the highest degree in Dance (PhD) delivered by the French Ministry of Culture.

She has been invited to share her expertise with several academies and organizations, such as ABT JKO ballet school, Youth American Grand Prix, L’Ecole des Ballets du Nord-CCN de Roubaix, the Conservatoire Supérieur de Lyon (France) and many more. She has also staged various ballets *tableaux*, including Janet Lewis production of the “*Sleeping Beauty*” for The English Youth Ballet.

Each year, through her coaching and guidance, her students are accepted into prestigious programs such as ABT, Boston Ballet, San Francisco Ballet and more. Some of her students became prize winners of international ballet competitions at Le Prix de Lausanne, YAGP, USA IBC, World Ballet Competition. Finally, many of her graduates have been awarded academic scholarships to illustrious colleges such as Harvard, Princeton, Butler University, Point Park University and more.



Class Description

BALLET TECHNIQUE This class follows the great tradition of a classical ballet lesson starting with preparation exercises at the barre and evolving to a center work accurately designed for each level. Students learn the classical vocabulary, a good sense of musicality and are taught a correct placement of the head and arms in coordination with the leg and body movements. Combinations are specifically choreographed to enhance the student's individual qualities, raise their technical level and foster their sense of artistry thereby helping them pursue dance at a high standard.

POINTE TECHNIQUE The pointe technique class consists largely of systematic and detailed barre and center work to improve alignment and build ankles' strength and flexibility. The class is structured precisely for each level and adapted to the students' skills. A strong attention is given to the proper position of the foot inside the pointe shoe for the dancers to develop a strong foot work technique.

EXPERT SERIES This problem-solving series will help dancers in practicing the great classical technique. Each class covers a specific topic: Jumps, Turns, Extension. The steps will be executed at the barre and in the center alternating jumps, pirouettes, adagio and waltzes. Each difficulty is analyzed for a better understanding and execution to further the dancers' technical progress into the more advanced and professional levels. On pointe shoes for students that are ready.

MASTER CONDITIONING The Master Conditioning class is a foundation course and consists of mixed elements of cardio, strength and stretch. It is especially intended for dancers who aspire to develop their skills and increase their flexibility. It is a one-hour intense workout and is a must-have at every level to boost flexibility, core strength, coordination and stamina.

MASTER BALLET Similar to Ballet Technique, on pointe shoes at the barre and in the center for students that are ready.

PERFORMANCE CLASS Workshop based on the great classical and neoclassical repertoire. The students learn variations and *ensembles* which bring them to refine their technical skills while developing and perfecting their artistry. This class explores a wide range of styles to help dancers in becoming fully versatile.

TARGETED SERIES Five-week course designed to tackle learning specific techniques and tips to increase range, mobility, strength, flexibility and more. The number of spaces will be limited to 5 people for each course, to allow deeper training and personalized feedback.

VARIATION Class focused on the performance aspect of ballet technique: musicality, precision, stamina, and artistry. Different ballets will be covered, from Classical to Neoclassical and Character pieces. Each dancer will experience various styles of choreography, assimilate the details, and develop a strong expressive quality to the variation, so that their performance truly transforms through the course of the class.

PROGRESSING BALLET TECHNIQUE ® Progressing Ballet Technique (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using ballet-technique specific exercises to train skill acquisition in a graded and progressive manner from junior through to advanced levels. PBT helps students to get the strength they need to achieve their personal best.

The program helps with injury prevention and rehabilitation and enhances the ability of athletes to perform at their best. It can be difficult for students to feel which muscles initiate the correct alignment in training. However, with the use of an exercise ball, the students gain a great sense of posture and weight-placement whilst feeling each correct muscle group working throughout each exercise, which then stays with them when whilst performing in dance or their chosen field of sport.

PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory. The program is designed with safe dance methodology to promote long, healthy training.



SCHEDULE 2024-2025

Young Dancers Division

Monday

4.30-5.45 Ballet Technique

5.45-6.15 Master Conditioning

6.15-7.15 Master Ballet

Wednesday

4.30-5.30 Pointe Technique

5.30-6.00 Master Conditioning

6.00-7.00 Expert Series

Sunday

1.30-2.15 Master Conditioning

2.15-3.45 Master Ballet

Pre-Professional Division

Monday

5.45-6.15 Master Conditioning

6.15-7.45 Master Ballet

7.45-8.45 Pointe Technique

Tuesday

4.30-5.15 Master Conditioning

5.15-6.45 Master Ballet

Wednesday

5.30-6.00 Master Conditioning

6.00-7.45 Expert Series

7.45-8.45 Performance Class

Sunday

1.30-2.15 Master Conditioning

2.15-4.15 Master Ballet

4.15-6.45 Performance Class/ Rehearsals

Adult Division

Tuesday

6.45-7.45 Targeted Series

Sunday

11.00-12.30 Traditional Ballet

2024-2025 CALENDAR

16 Fall Term start (All Divisions)

9/17-10/15 Targeted Series #1

SEPTEMBER 2024						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

FEBRUARY 2025						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

2/17 Presidents Day Open

2/18-3/18 Targeted Series #4

2/20-2/23 YAGP Philadelphia

2/24 YAGP Break closed

14 Columbus Day Open

10/29-11/26 Targeted Series #2

27 Progressing Ballet Technique (PBT) Adult Workshop

OCTOBER 2024						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH 2025						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2 Progressing Ballet Technique (PBT) Adult Workshop

23 Spring Term Start

30 Progressing Ballet Technique (PBT) Adult Workshop

11 Veterans Day Open

17 Progressing Ballet Technique (PBT) Adult Workshop

11/20-11/24 Thanksgiving Break closed

NOVEMBER 2024						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

APRIL 2025						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

4/1-4/29 Targeted Series #5

4/20-4/21 Easter Break Closed

27 Progressing Ballet Technique (PBT) Adult Workshop

12/12-1/4/25 Christmas Break Closed

DECEMBER 2024						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAY 2025						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

5/13-6/10 Targeted Series #6

18 Progressing Ballet Technique (PBT) Adult Workshop

5/25-5/26 Memorial Day Break Closed

5 Winter Term Start

1/7-2/4 Targeted Series #3

1/16-1/19 YAGP Boston

20 YAGP Break Closed

26 Progressing Ballet Technique (PBT) Adult Workshop

JANUARY 2025						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2025						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

11 Last Day of class (Young Dancers and Pre-Professional Divisions)

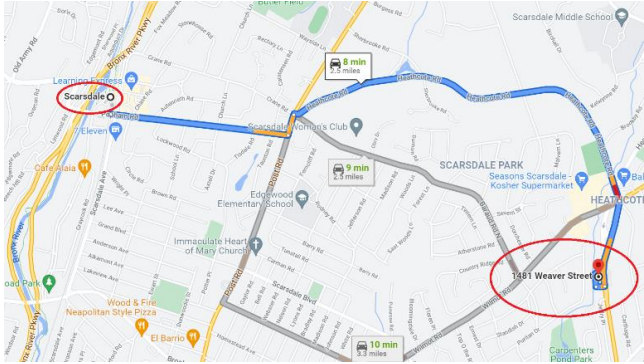
22 Progressing Ballet Technique (PBT) Adult Workshop

29 Last Day of class (Adult Division)

Classes Location

FABT New Studio

Starting Fall 2021, we are delighted to welcome our dancers into a new state-of-the-art studio located in Scarsdale, Westchester NY at **1481 Weaver St, Scarsdale, NY 10583, USA**, only a 10 min drive from Scarsdale Metro North Station.



Adult Division Zoom Links

All Adult Division classes will also be available via Zoom with the following links:

I. Traditional Ballet Open Classes (pay by class or by use of FABT class card)

<https://us02web.zoom.us/j/87006914488?pwd=bGdRSkZJaG1YMF11RDJYeGVxYWVhndz09>

Meeting ID: 870 0691 4488

Password: 1481

II. Tuesdays Targeted Series (Registration required- 5 spots only)

<https://us02web.zoom.us/j/85121119797?pwd=L2JGMzRBbUEzUnBYZ05wdU5TUjVfQT09>

Meeting ID: 851 2111 9797

Password: 1481

III. Progressing Ballet Technique Workshops (Registration required)

<https://us02web.zoom.us/j/89445404453?pwd=WlNjdWhDWUJYS2ZRUzZCZzFWNUc3dz09>

Meeting ID: 894 4540 4453

Password: 1481

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