

first level diploma course for

CLASSICAL BALLET INSTRUCTORS (DDPL01)

A.Y. 2025/2026

ACCADEMIA
TEATRO ALLA SCALA



AT SCHOOL WITH LA SCALA

The La Scala Academy provides thorough, in-depth training to the various professional figures involved in the performing arts through its four departments: Music, Dance, Stagecraft, Management. Its broad curriculum ranges from basic and core training courses to advanced courses, Level 1 and 2 AFAM (advanced training in art, music, and dance) university-level academic diploma programs, Level 1 master courses, workshops, and summer programs. The highest level of instruction is ensured by Teatro alla Scala professionals, acclaimed performers, and prominent experts in the performing arts. The teaching method derives from the philosophy of learning by doing and prepares students for their future career through intensive daily exposure to the performing arts in a real-world context.



Ph: Noemi Ardesi

FOUNDING PARTNERS



THE COURSE

The course is addressed to those who wish to continue their studies of ballet technique and learn the teaching method applied during the first six years of the La Scala Academy Ballet School.

In-depth study of dance technique and intensive practice produce high level competencies in ballet instruction. The core curriculum provides students with the skills they need to plan and lead ballet lessons specifically geared to the age of the pupils.

These disciplines are complemented by studies of music, anatomy, history, and child psychology as they relate to dance, thus allowing students to develop broad, in-depth competencies for a professional career as ballet instructors and also offering excellent preparation for those wishing to continue with the second-level diploma or the first-level master's course.

CAREER PROSPECTS

Students will gain the technical skills and stylistic competencies necessary for a professional career in ballet.



STUDY PLAN

FIRST YEAR		
CURRICULAR AREAS	SUBJECTS	CREDITS
Basic	<ul style="list-style-type: none"> ▶ Anatomy applied to dance ▶ History of ballet music ▶ Music theory and practice 	<ul style="list-style-type: none"> ▶ 6 ▶ 3 ▶ 5
Core	<ul style="list-style-type: none"> ▶ Classic ballet technique and analysis ▶ Ballet teaching method and lesson planning ▶ History of dance ▶ Music for dance lessons 	<ul style="list-style-type: none"> ▶ 12 ▶ 6 ▶ 2 ▶ 2
Additional	<ul style="list-style-type: none"> ▶ Student teaching ▶ English as a second language 	<ul style="list-style-type: none"> ▶ 4 ▶ 2
Electives	<ul style="list-style-type: none"> ▶ Chosen by the student 	<ul style="list-style-type: none"> ▶ 5

SECOND YEAR		
CURRICULAR AREAS	SUBJECTS	CREDITS
Basic	<ul style="list-style-type: none"> ▶ Anatomy applied to dance ▶ Improvisation techniques, performance analysis and development ▶ Music theory and practice ▶ Interpretation of gesture and movement from figurative arts to dance 	<ul style="list-style-type: none"> ▶ 6 ▶ 3 ▶ 4 ▶ 2
Core	<ul style="list-style-type: none"> ▶ Classic ballet technique and analysis ▶ Ballet teaching method and lesson planning ▶ Classic ballet repertoire ▶ Comparative analysis of historical ballet methods and styles ▶ Music for dance lessons 	<ul style="list-style-type: none"> ▶ 6 ▶ 12 ▶ 2 ▶ 2 ▶ 2

Supplementary or complementary	<ul style="list-style-type: none"> ◆ Psychology ◆ Pedagogy ◆ Character dance in the ballet repertoire ◆ Contemporary dance technique and analysis ◆ Dance support techniques 	<ul style="list-style-type: none"> ◆ 2 ◆ 2 ◆ 4 ◆ 2 ◆ 2
Additional	<ul style="list-style-type: none"> ◆ Student teaching ◆ Observation and analysis of the ballet repertoire 	<ul style="list-style-type: none"> ◆ 4 ◆ 2
Electives	<ul style="list-style-type: none"> ◆ Chosen by the student 	<ul style="list-style-type: none"> ◆ 5

THIRD YEAR

CURRICULAR AREAS	SUBJECTS	CREDITS
Basic	<ul style="list-style-type: none"> ◆ Anatomy and physiology of movement ◆ Dance physical technique ◆ Improvisation techniques, performance analysis and development ◆ Music theory and practice ◆ Scenic space and elements of scenographic composition 	<ul style="list-style-type: none"> ◆ 3 ◆ 2 ◆ 2 ◆ 4 ◆ 1
Core	<ul style="list-style-type: none"> ◆ Classic ballet technique and analysis ◆ Ballet teaching method and lesson planning 	<ul style="list-style-type: none"> ◆ 12 ◆ 7
Supplementary or complementary	<ul style="list-style-type: none"> ◆ Psychology ◆ Pedagogy ◆ Character dance in the ballet repertoire ◆ Classical ballet repertoire ◆ Contemporary dance technique and analysis ◆ Observation and analysis of the ballet repertoire 	<ul style="list-style-type: none"> ◆ 2 ◆ 2 ◆ 3 ◆ 3 ◆ 2 ◆ 1
Additional	<ul style="list-style-type: none"> ◆ Student teaching ◆ Contemporary dance workshop 	<ul style="list-style-type: none"> ◆ 5 ◆ 1

Electives	<ul style="list-style-type: none"> ◊ Chosen by the student 	<ul style="list-style-type: none"> ◊ 6
Preparation for language and final exam	<ul style="list-style-type: none"> ◊ Foreign language testing 	<ul style="list-style-type: none"> ◊ 2
	<ul style="list-style-type: none"> ◊ Final exam 	<ul style="list-style-type: none"> ◊ 3



Ph: Annachiara Di Stefano

INSTRUCTORS

- ◊ Sara Benedetti
- ◊ Francesco Bondi
- ◊ Romeo Cuturi
- ◊ Gilda Gelati
- ◊ Federica De Cordova
- ◊ Delia Duccoli
- ◊ Letizia Fabbrucci
- ◊ Inessa Filistovich
- ◊ Vito Lentini
- ◊ Lucrezia Maniscotti
- ◊ Grettel Camacho Martinez
- ◊ Anna Olkhovaya
- ◊ Francesca Pedroni
- ◊ Giulia Rossitto
- ◊ Sophie Sarrote
- ◊ Fabio Sartorelli
- ◊ Elisa Scala
- ◊ Antonella Stroppa
- ◊ Emanuela Tagliavia
- ◊ Biagio Tambone

KEY POINTS

FULLY-ROUNDED TRAINING

The program provides detailed training in a broad range of competencies, not only in-depth, practical knowledge of the Teatro alla Scala teaching method, but also a solid background in dance instruction.

LA SCALA EXCELLENCE

The teaching staff is composed of instructors from the La Scala Academy Ballet School. After a long and brilliant career as performers, they are able to share experience of inestimable value with their students, transmitting knowledge of technique and interpretive sensitivity.

They are flanked by preeminent experts in pedagogy, psychology, psychotherapy, medicine, physiotherapy, and history of music and dance, who will help students develop specific competencies applicable within a teaching context.

STUDENT TEACHING

One of the key elements of the Ballet Instructors course is the student teaching program. Students will assist Ballet School instructors in lessons with pupils in years 1-6 of the Academy ballet program, allowing them to apply what they are learning on a daily basis in a real-world context.



Ph: Michela Sechi

PRACTICAL INFORMATION

→ Prospective students must pass a selection process to be admitted to the course. ←



LENGTH

Three years

First year: November 1, 2025 to October 31, 2026

Exam sessions will take place in July, September and January



ATTENDANCE

Attendance is mandatory. Students must attend at least 80% of overall curricular activities and at least two-thirds of each individual subject, measured in hours. Individual study is excluded from this requirement.



TOTAL HOURS

4,500 hours of classroom work, workshops, and individual study for a total of **180 credits**.

The program for each year involves **1,500 total hours** and **60 credits**.



LOCATION

Accademia Teatro alla Scala
Via S. Marta, 18
20123 Milan

Scuola di Ballo
Accademia Teatro alla Scala
Via Campo Lodigiano, 2
20122 Milan



LANGUAGE

The course is taught in Italian.

APPLICANT PROFILE



ADMISSION REQUIREMENTS

Italian high school diploma or equivalent from another country according to applicable treaties and laws

At least eight years of classical-academic dance study

SELECTION PROCESS

Admission to the course is contingent upon passing the selection process. The course is open to a maximum of 18 participants. The Academy Management and the Examining Committee reserves the right to modify the number of participants and all their decisions are final.

The selection process consists of two phases as follows:

◇ PHASE 1

Theory and practice test: intermediate level group ballet lesson. Candidates should present themselves wearing appropriate dance attire and demi-pointe or teaching shoes.

The test will be structured as follows:

- ◆ **Barre:** 11 standard ballet exercises at an intermediate level (years 3 through 5 of an eight-year program)
- ◆ **Floor:** basic structure of simple compositions to different rhythms (waltz, polka, galop)
- ◆ **Leaps and en-pointe:** knowledge of basic intermediate-level techniques
- ◆ **Questions to test basic knowledge of the muscles necessary for specific movements**
- ◆ **Questions about music, mainly regarding rhythm**
- ◆ **Questions on the teacher-learner relationship at different age levels**

Upon completion of the theory and practice test, the Selection Committee will announce the names of those chosen to continue on to the SECOND PHASE.

◇ PHASE 2

Motivational interview.

◇ STUDENTS WITH DISABILITIES

Students with physical or learning disabilities who submit appropriate certification during the application process are entitled to compensatory measures (see Step 4 of Admission Process, below).

COSTs

The fee for participation in the selection process is **€100 (including VAT)**, to be paid online during the application process. Payment may be made by major credit/debit cards or credit transfer via the MyBank service (for a list of participating banks, see: <https://mybank.eu/en/participating-banks-and-psps/>).

Tuition for the course is determined by the ISEE (equivalent financial status indicator) of the candidate's family as follows (all amounts include enrollment fee, curricular fee, and tuition):

EARLY BIRD RATES

Applicants passing the first session of the selection process are entitled to a €150 tuition discount.

ISEE €0 – €25,000
€4,500

ISEE €25,000 – €50,000
€5,500

ISEE > €50,000
€7,000



TUITION AND FEES

Tuition and fees are paid via SDD (SEPA Direct Debit)* in three installments** and comprise the following:

- ◆ Enrollment fee: **€1,000**
- ◆ Curricular fee: **€700**
- ◆ Tuition: **on the basis of candidate's ISEE**

The ISEE to determine tuition must:

- ◆ be issued for the year that the course begins;
- ◆ be valid for university study;
- ◆ bear the student's *codice fiscale**

Candidates not submitting an ISEE will be assigned to the highest tuition bracket.

* Candidates who do not have a bank account in the Single Euro Payments Area (SEPA) and/or an Italian *codice fiscale*, please contact the teaching office (contact info under "MEET THE STAFF" below).

** Pursuant to Italian Legislative Decree no. 68 of March 29, 2012 (D.Lgs. 68/2012), a regional tax of €140 on university education is added to the first installment.

Tuition and fees for the first year are due as follows:

1

1ST INSTALLMENT

For those who pass the first session of the selection process: **50% of total annual tuition and fees plus the regional tax by June 27, 2025**

For those admitted to the course in the second session of the selection process: **50% of total annual tuition and fees plus the regional tax by October 31, 2025**

2

2ND INSTALLMENT

25% of overall annual tuition and fees by January 30, 2026

3

3RD INSTALLMENT

25% of overall annual tuition and fees by April 30, 2026

SCHOLARSHIPS AND STUDENT LOANS

Student loans, scholarships, and tuition waivers and other forms of financial support ensure that students have access to a curriculum characterized by unrivaled artistic quality and close contact with the professional world.

Scholarships

Students who pass the selection process may apply for a DSU regional scholarship. The application process will be communicated in a separate announcement. Scholarships are awarded on an annual basis to students with an appropriate ISEE (Equivalent Financial Status Indicator) for university study and who have earned the required academic credits. Scholarships are assigned only after the allocation of funds by Regione Lombardia and the Italian Ministry of Universities and Research (MUR).

Merit loans

The La Scala Academy has established conventions with credit institutes to provide other forms of financial aid covering tuition and/or lodging to all students in good academic standing.

For further information, please contact the Teaching Office: :

segreteria.trienniodanza@accademiascala.it



ADMISSION PROCESS

Application to the selection process must be completed **by April 26, 2025** to participate in the first selection session or **by September 12, 2025** to participate in the second selection session.

Please follow the steps below to apply:

①

ENROLLMENT PLATFORM LOGIN OR REGISTRATION

Log in to the Academy enrollment platform at <https://iscrizioni.accademialasca.it> (if you do not already have login credentials from a previous application to another Academy course, you will need to register first). You will apply for the selection process in a subsequent step.

Please enter all information accurately. Make a note of your email address and password because they will be your login credentials [username and password] for your personal page.

You will be asked to accept the Academy privacy policy.

②

APPLICATION PROCESS

The Academy enrollment platform will guide you through the application process.

③

ACCEPTANCE OF GENERAL CONTRACT CONDITIONS

The next step is to download and sign (either digitally or by printing and scanning) the “Condizioni di contratto per la partecipazione” [Contract conditions for participation (in the selection process)]. Upload the signed document where indicated. You must complete this step to continue the application process.

④

ATTACHMENTS

You will be asked to attach the following documents:

◆ A detailed, signed CV ending with the following statements:

1. I, the undersigned, aware of the criminal penalties provided in Article 76 of Italian Presidential Decree no. 445 of 28 December 2000 (D.P.R. 445/2000) for false statements and acts, declare, pursuant to Articles 46 and 47 of said Decree that all information contained in this CV is truthful.

2. I authorize processing of the personal data I have provided for the purposes inherent to using my CV per Italian Legislative Decree no. 196 of 30 June 2003 (D.Lgs. 196/2003) and the European General Data Protection Regulation (EU 2016/679).

- ◆ Candidate's identity document (identity card or passport)
- ◆ Candidate's codice fiscale* (if applicable)
- ◆ Certificate of fitness to practice non-competitive sports
- ◆ Certificates from dance schools/institutes/centers or self-certification attesting to completion of eight years of ballet study
- ◆ Diagnostic certification of physical or learning disability (if applicable)

* Contact the teaching office if you do not have an Italian codice fiscale (contact info under “MEET THE STAFF” below).

5

APPLICATION FEE

You will be asked to pay a fee of €100 (including VAT) to apply to the selection process. Payment may be made by credit or debit card or credit transfer.

The payment must be made online during the application process (do not close the page and attempt to pay elsewhere).

6

COMPLETION OF PROCEDURE

Once the above steps have been completed, a summary will be generated of all information provided. You must print and sign this summary, scan it, and attach it where indicated. This completes the application for the selection process and all forms will be sent to the Academy Student Services Office [Segreteria Didattica]. Please follow all instructions on your screen or received via email from the enrollment platform.

Make sure all the information you provide is correct. Any inaccuracies will result in automatic rejection of your application.

The Academy reserves the exclusive right to accept applications submitted after the above deadlines but before the beginning of the selection process.

The Academy also reserves the right to postpone the application timeframe, the selection process, and the beginning of the course.

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NOTIFICATIONS

Candidates will be invited to the selection process by email after the application deadline.

Once the selection process has been completed, those admitted to the course will

receive an email with instructions for enrolling in the course. Admitted students must enroll via their personal page on [iscrizioni.universitalascale.it](https://www.universitalascale.it/iscrizioni) by the following deadlines:



FIRST SELECTION SESSION

Results announced on or before
May 23, 2025

Enrollment no later than
June 13, 2025



SECOND SELECTION SESSION

Results announced on or before
October 3, 2025

Enrollment no later than
October 17, 2025

INTERNATIONAL STUDENTS AND ITALIANS RESIDING ABROAD

Academic certification earned outside of Italy must be accompanied by a document certifying its legal validity pursuant to Italian law.

Specifically:

- If the academic certification has been obtained in a European Union member state, you must provide a sworn translation (traduzione asseverata) of the certification into Italian;
- If the academic certification has been obtained in a country outside of the European Union, you must provide a certificate of equivalence of qualification (dichiarazione di valore in loco).

International students and Italians residing abroad must also provide their CV in Italian or accompanied by an Italian translation.

Non-EU residents who are admitted to the course must complete the visa application process by registering on the platform www.universitalascale.it and uploading all necessary documents.

ACADEMIC CERTIFICATION

Students who acquire a total of 180 credits (per the study program) will receive a First-Level Academic Diploma recognized by the Italian Ministry of Universities and Research (MUR).

ALUMNI

Students who complete the course may join the community of La Scala Academy Alumni, a platform providing a series of exclusive services to former Academy students: job offers, networking, post-Academy training initiatives, mentorships, events, project incubators, as well as special rates and discounts.

Find out more at alumni.accademiascala.it



Ph: Michela Sechi

MEET THE STAFF

◆
Laura Pedron
Teaching Coordinator

infocorsi@accademiascala.it

◆
OPEN DAY
Register at
bit.ly/OpendayATS

For information on the application process: Simona Aguzzi - Student Services Office.

☎ (+39) 02 85451165

✉ segreteria.trienniodanza@accademiascala.it