

## **BALLET & DANCE ~ 2022 FALL TERM ~ SEE BOTH SIDES**

Term Begins 9/7 and Ends 12/12 Studio Closed 10/31, 11/11, 11/12, 11/21-26

• PLEASE READ AND BECOME FAMILIAR WITH ALL STUDIO POLICIES ON THE REGISTRATION FORM.

- ALL TERM RATES ARE DISCOUNTED. MONTHLY PAYMENT PLANS AVAILABLE when applicable - ask Director for more information.
- Drop-In rate per class to be paid in advance: (discounts do not apply) 1/2 hr.-3/4 hr.= \$25; 1 hr.-1 1/4 hrs. = \$35; 1 1/2 hrs.= \$39; 2 hrs.= \$49
- Take a 5% discount when registering for 2 or more classes per week per student with full payment. Does not include SUMMER TERM.
- Students progress in their training by developing work ethic, discipline, strength, and technique. Placement and progression to the next level is by recommendation of the ABDA Faculty only. ABDA does not place or advance students solely based on their age or on their level at a previous ballet school. Auditions are not required to perform in student performances.
- Registration is for entire session/term. Advancement is determined by the teacher and occurs in the fall only, after completing a minimum of one year in the previous level. See brochure for Studio Policies. A one-time pro-rate may apply to new students only.
- Private, Semi-Private and Small Group coaching available by appointment. Gift Certificates Available.
- **PUNCTUALITY and ATTENDANCE ARE VITAL TO INDIVIDUAL & CLASS PROGRESS & SUCCESS.** Missed classes must be made up at or below class level. Ballet 4 and above are approved to take the Teen/Adult Ballet class tuition free to help speed their development.
- Students must attend 2 ABDA technique classes per week to take any class en Pointe and Pre-Pointe.

Students are strongly encouraged to participate in ABDA's annual student performances. Auditions are not required. Performing is not mandatory. Ballet 2 and up must attend ALL required classes to fully perform in spring recital.

### **RECREATIONAL FITNESS CLASSES**

**TEEN/ADULT ESSENTIAL BALLET** \*\*See Reverse side for details.

**PILATES MAT ~ ESSENTIAL/INTERMEDIATE** \*\*See Reverse side for details.

### **DANCE CAMPS**

**PETIT NUTCRACKER DANCE CAMP** ~ Saturday 12/28 Ages 3.5-8 9:30 am – 12 pm \$55

### **PRE-SCHOOL BALLET CLASSES**

**FAIRY TALE BALLET 1:** A child centered class that encourages exploration, independence, and social interaction through music and dance activities that foster the joy of dance. Potty-trained not required.

Wednesday (No 10/19, 11/23) Ages 2.5-3 9:30-10:00 am \$195/term

Wednesday (No 10/19, 11/23) Ages 2.5-3 10:10-10:40 am \$195/term

**FAIRY TALE BALLET 2:** Enter the imaginary world of fairy tales, fun and self-expression through ballet based dance. Core learning activities are developmentally appropriate and are designed to nurture children's artistic and movement potential. (Must be potty trained.

Wednesday (No 10/19, 11/23) Ages 4-5 4:00-4:45 pm \$245/term

Saturday (No 11/12, 11/26) Ages 4-5 9:00-9:40 am \$245/term

**PRE-BALLET:** Enhance the love of movement through Ballet. Core learning activities are developmentally appropriate and are designed to inspire children's artistic and movement potential. **5-year-olds must be in kindergarten.**

Thursday (No 10/20, 11/24) Ages 5-7 4:00-4:45 pm \$245/term

Saturday (No 11/12, 11/26) Ages 5-7 9:45-10:25 am \$245/term

### **YOUTH BALLET LEVELS**

**BALLET 1 Foundation:** A bridge from Pre-Ballet levels to Ballet 1, the first formal year of classical ballet training.

Monday (No 11/21) Ages 6-9 4:00-4:55 pm \$263/term

Saturday (No 11/12, 11/26) Ages 6-9 10:30-11:15 am \$263/term

**BALLET 1 A ~ Technique & Character Dance:** First formal year of classical ballet training. Must take Ballet 1 A Technique class to attend Character class. Requires character shoe and character skirt rental fees.

Thursday ~ Character (No 11/24) Ages 7-11 4:45-5:30 pm \$245/term

Saturday ~ Technique (No 11/12, 11/26) Ages 7-11 11:20-12:15 pm \$263/term

**BALLET 2 ~ Technique & Character Dance:** All classes required. Requires character shoe and character skirt rental fees. 8-10 year olds must have 1 full year Ballet 1 experience.

Monday (No 11/21) 8-12 5:00-6:15 pm \$274/term

Wednesday (No 11/23) 8-12 5:00-6:15 pm \$274/term

**BALLET 4 ~ Technique & Character Dance:** Mon., Wed., Fri. classes required. \*Tuesday Pre-Pointe & Turns, Thursday Character, and Friday Pre-Pointe/Pointe & Turns are optional. Requires character shoe and character skirt rental fees.

Monday (No 11/21) 10-Teen 5:45-7:15 pm \$285/term

Tuesday ~ Pre-Pointe/Pointe & Turns (No 11/22) 10-Teen 5:30-6:15 pm \$125/term

Wednesday (No 11/23) 10-Teen 5:45-7:15 pm \$285/term

Thursday ~ Character (No 11/24) 10-Teen 5:30-6:15 pm \$125/term

Friday ~ Pre-Pointe/Pointe & Turns (No 11/25) 10-Teen 4:30-5:15 pm \$125/term

Friday ~ Repertory & Stretch (No 11/25) 10-Teen 5:15-6:30 pm \$209/term

\*\*Students in Ballet 4 and up are pre-approved to attend the Pilates & other Recreational Fitness classes at no additional charge to improve strength and technique. Teen/Adult Ballet may be used as a make-up class for Ballet 5 upward.

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### **YOUTH BALLET LEVELS CONTINUED**

**BALLET 5 & Intermediate Foundation ~ Technique/Pre-Pointe/Pointe/Character:** All classes required. Requires character shoe and character skirt rental fees.

Tuesday ~ Pre-Pointe/Pointe & Turns (No 11/22)	12-Teen	5:30-6:15 pm	\$125/term
Tuesday ~ Technique (No 11/22)	12-Teen	6:15-7:30 pm	\$209/term
Thursday ~ Character (No 11/24)	12-Teen	5:30-6:15 pm	\$125/term
Thursday ~ Technique (No 11/24)	12-Teen	6:15-7:30 pm	\$209/term
Friday ~ Pre-Pointe/Pointe/Turns (No 11/25)	12-Teen	4:30-5:15 pm	\$125/term
Friday ~ Repertory & Stretch (No 11/25)	12-Teen	5:15-6:30 pm	\$209/term

**\*\*Students in Ballet 4 and up are pre-approved to attend the Pilates & other Recreational Fitness classes at no additional charge to improve strength and technique. Teen/Adult Ballet may be used as a make-up class for Ballet 5 upward.**

### **PILATES MAT & FITNESS CLASSES**

Mat Classes Taught by Stott Pilates Certified Instructors. Mat Classes are 55 minutes in length.

**PILATES Essential/Intermediate Mat:** Achieve the health benefits of Pilates as you perform the basic principles and essential exercises on the mat. Improve your core strength and flexibility while correcting imbalances.

Wednesday (9/7-10/12)	Teen/Adult	10:50-11:50 am	\$110 (6-wks)
Wednesday (10/26-12/7, No 11/23)	Teen/Adult	10:50-11:50 am	\$110 (6-wks)

**TEEN/ADULT Essential Ballet:** It's never too late to begin or resume dancing! Work on proper body alignment to build strength, technique, and flexibility. This class is for those who are new to ballet and those who would like to improve their basic technique. A versatile class geared to accommodate the student's experience and skill level.

Monday (9/12-11/28, No 11/21)	Teen/Adult	7:15-8:30 pm	\$275
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**\*\*In response to the COVID-19 pandemic, ABDA recognizes that our in-person classes may be conducted with modifications. The information below is fluid and may continue to change. ABDA is not offering medical advice.**

- **Waivers/Emergency Contact Form:** Assumption of Risk waivers are required for each participant attending any class. **The completed waiver MUST be RECEIVED prior to participation.**
- **Bathroom use:** Parents are required to take students to the restroom prior to sending them to the studio for class.
- **Parents ~ Please talk to your child about hygiene etiquette with regard to sneezing and coughing.**
- **Facility Space:** The studio is on a separate air supply system from the rest of the building, the studio space does not share circulating air with any of the other businesses. ABDA has an air purification system which we continue to implement daily.
- **Limit of Shared Materials & Equipment (if applicable):** Pilates clients are welcome to bring their own mat and towel.
- **Hygiene:** All persons including staff, participants and volunteers will be advised and encouraged to wash their hands frequently. Hand sanitizer will be available in the studio lobby.
- **Respiratory Etiquette:** Staff and participants will be reminded frequently of the importance of respiratory etiquette: Cover coughs and sneezes with a tissue or elbow, throw any used tissue away immediately into a garbage receptacle, wash hands after covering coughs or sneezes, and after throwing away tissues.
- **Stay Home if Sick:** All instructors, participants and parents are **expected** to stay home if feeling sick.