

BALLET & DANCE ~ 2023 SPRING TERM ~ SEE BOTH SIDES

Term Begins 4/3 and Ends 6/4 Studio Closed for Spring Break 3/27-4/1 and Memorial Day 5/29

- 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.-1¼ hrs. = \$35; 1½ 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.
- Dancers must meet the minimum age requirement by September 1 of Fall 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.
- Students must attend ALL required classes for their level to fully perform in spring recital.

CURRICULUM & SPRING PERFORMANCE BALLET CLASSES

2023 PERFORMANCE DATES: In-Studio/In Costume Rehearsal ~ 5/21, 1:00 - 4:30 pm

Rehearsals at PCC, Times TBA ~ 5/31 & 6/1; Dress Rehearsal 6/2; Performance 6/4, Curtain 2:00 pm

PRE-SCHOOL BALLET CLASSES (See Summer Camps & Non-Performance classes on back.)

Dancers must meet the minimum age requirement by September 1 of Fall 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.)

Saturday	Ages 3-4	10:45-11:30 am	\$266/term
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FAIRY TALE BALLET 3: 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	Ages 4-5	4:00-4:45 pm	\$266/term
Saturday	Ages 4-5	9:00-9:45 am	\$266/term

YOUTH BALLET LEVELS

Dancers must meet the minimum age requirement by September 1 of Fall 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	Ages 5-7	4:00-4:55 pm	\$307/term
Saturday	Ages 5-7	9:50-10:45 am	\$307/term

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

Monday (No 5/29)	Ages 6-9	4:00-4:55 pm	\$307/term
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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 5/29)	Ages 8-12	5:00-6:15 pm	\$274/term
Wednesday	Ages 8-12	5:45-7:00 pm	\$274/term

BALLET 4 ~ Technique & Character Dance: Mon., Wed., Fri. classes required. **(Friday Pre-Pointe & Turns is optional.)**

Monday (No 5/29)	10-Teen	5:45-7:15 pm	\$285/term
Wednesday	10-Teen	5:45-7:30 pm	\$285/term
Friday ~ Pre-Pointe, Turns, & Stretch	10-Teen	4:30-5:30 pm	\$167/term
Friday ~ Repertory	10-Teen	5:30-6:30 pm	\$167/term

Intermediate Foundation ~ Technique/Pointe/Character/Repertory: All classes required.

Tuesday ~ Pointe	12-Teen	5:30-6:15 pm	\$125/term
Tuesday ~ Technique	12-Teen	6:15-7:30 pm	\$209/term
Thursday ~ Pointe	12-Teen	5:30-6:15 pm	\$136/term
Thursday ~ Technique	12-Teen	6:15-7:30 pm	\$227/term
Friday ~ Pointe/Turns/Stretch	12-Teen	4:30-5:30 pm	\$167/term
Friday ~ Repertory	12-Teen	5:30-6:30 pm	\$167/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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REGISTER EARLY FOR SUMMER DANCE CAMPS~FULL SUMMER SCHEDULE COMING SOON!

BALLERINA DANCE CAMP:

Monday ~ Thursday 6/19, 20, 21, 22 Ages 4.5-8 9:30 am - 12:00 pm \$175

FROZEN DANCE CAMP:

Monday ~ Thursday 6/19, 20, 21, 22 Ages 4-8 1:00 pm - 3:30 pm \$175

ANGELINA BALLERINA DANCE CAMP:

Monday ~ Thursday 6/26, 27, 28, 29 Ages 3-6 9:30 am - 12:00 pm \$175

Monday ~ Thursday 6/26, 27, 28, 29 Ages 5-8 1:00 pm - 3:30 pm \$175

SLEEPING BEAUTY DANCE CAMP:

Monday ~ Thursday 7/10, 11, 12, 13 Ages 3-6 9:30 am - 12:00 pm \$175

Monday ~ Thursday 7/10, 11, 12, 13 Ages 5-8 1:00 pm - 3:30 pm \$175

CINDERELLA DANCE CAMP:

Monday ~ Thursday 7/17, 18, 19, 20 Ages 3-6 9:30 am - 12:00 pm \$175

Monday ~ Thursday 7/17, 18, 19, 20 Ages 5-8 1:00 pm - 3:30 pm \$175

DANCE & CHEER CAMP:

Monday ~ Thursday 7/31, 8/1, 2, 3 Ages 6-10 9:30 am - 12:00 pm \$175

Monday ~ Thursday 8/7, 8, 9, 10 Ages 6-10 9:30 am - 12:00 pm \$175

NON-PERFORMANCE CLASSES

PRE-SCHOOL BALLET CLASSES

Dancers must meet the minimum age requirement by September 1 of Fall Term.

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 Ages 2.5-3 9:30-10:00 am \$235

FAIRY TALE BALLET & PRE-BALLET INTRODUCTION: 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.

Saturday (4/8-4/29) Ages 4-6 11:30-12:05 am \$80

PILATES MAT & TEEN/ADULT BALLET 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 (4/5-5/10) Teen/Adult 10:15-11:15 am \$120

Wednesday (5/17-6/14) Teen/Adult 10:15-11:15 am \$100

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 (3/20-5/8, No 3/27) Teen/Adult 7:15-8:30 pm \$195

*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.