Academy of Ballet & Dance Arts and Age-Less Body Pilates Studio to inspire learning, artistry & spirit

Studio Closed: Studio Closed for Spring Break 3/25-3/30, and 5/27

www.abdalakeoswego.com

503.381.3281

BALLET & DANCE ~ 2024 SPRING TERM ~ SEE BOTH SIDES

Term Begins 4/1. Term Ends 6/2.

- 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.-1/4 hrs. = \$35; 11/2 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.
- 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 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.

<mark>2024 PERFORMANCE DATES: Mandatory In-Studio/In-Costume Rehearsal ~ Sunday, 5/19, 1:00 - 4:30</mark> pm; Mandatory Rehearsals at PCC, Times TBA ~ 5/29 & 5/30; Dress Rehearsal 5/31; Performance 6/2, Curtain 2:00 pm

CURRICULUM & SPRING PERFORMANCE BALLET CLASSES

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 3.5-4	9:00-9:30 am	\$269/term				
FAIRY TALE BALLET 3: Enter the imaginary w	orld of fairy tales, fun and	self-expression through bal	let based dance. Core learning				
activities are developmentally appropriate and are designed to nurture children's artistic and movement potential. (Must be potty trained.)							
Thursday	Ages 4-5	3:00-3:45 pm	\$286/term				
Saturday	Ages 4-5	9:35-10:15 am	\$286/term				
Dancers must meet the m	inimum age requireme	ent by September 1 of Fa	all Term.				
PRE-BALLET: Enhance the love of movement the							
to inspire children's artistic and movement potential. 5-year-olds must be in kindergarten.							
Wednesday	Ages 5-7	3:45-4:45 pm	\$298/term				
Saturday	Ages 5-7	10:15-11:15 am	\$298/term				
BALLET 1 Foundation A: A bridge from Pre-Ballet levels to Ballet 1, the first formal year of classical ballet training.							
Thursday	Ages 6.5-11	3:45-4:45 pm	\$298/term				
BALLET 3 Foundation ~ Technique & Characte	er Dance: All classes requi	red. Requires character sho	e & character skirt rental fees.				
Monday	9-Teen	5:00-6:15 pm	\$309/term				
Friday	9-Teen	3:45-5:00 pm	\$309/term				
BALLET 5~Technique, Beg. Pointe, & Characte	r Dance: All classes are re	quired. Requires character	shoe & skirt rental fees.				
Monday ~ Character	11-Teen	5:45-6:15 pm	\$112/term				
Monday ~ Technique & Repertory	11-Teen	6:15-7:30 pm	\$227/term				
Wednesday ~ Character	11-Teen	5:00-5:30 pm	\$112/term				
Wednesday ~ Technique & Repertory	11-Teen	5:30-6:45 pm	\$227/term				
Friday ~ Character & Stretch	Teen/Adult	4:30-5:30 pm	\$167/term				
Friday ~ Repertory	Teen/Adult	5:30-6:30 pm	\$167/term				
INTERMEDIATE ~ Technique/Stretch/Pointe/Character: All classes required. Requires character shoe & character skirt rental fees.							
Tuesday ~ Stretch, Technique & Pointe	Teen/Adult	5:00-6:15 pm	\$227/term				
Tuesday ~ Repertory	Teen/Adult	6:15-7:00 pm	\$136/term				
Thursday ~ Stretch, Technique & Pointe	Teen/Adult	5:00-6:15 pm	\$227/term				
Thursday ~ Repertory	Teen/Adult	6:15-7:00 pm	\$136/term				
Friday ~ Character & Stretch	Teen/Adult	4:30-5:30 pm	\$167/term				
Friday ~ Repertory	Teen/Adult	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. Academy of Ballet & Dance Arts and Age-Less Body Pilates Studio

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NON-PERFORMANCE 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.

WednesdayAges 2.5-39:30-10:00 am\$269/termFAIRY TALE BALLET & PRE-BALLET:Enter the imaginary world of fairy tales, fun and self-expression through ballet baseddance. Core learning activities are developmentally appropriate and are designed to nurture children's artistic and movement potential.
Saturday (4/6-4/27)Ages 4-611:15-11:55 am\$85

PILATES MAT & TEEN/ADULT BALLET CLASSES

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

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

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Wednesday $(4/3-5/8)$	Teen/Adult	10:15-11:15 am	\$120
Wednesday (5/15-6/12)	Teen/Adult	10:15-11:15 am	\$105

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 (6/17-7/22)

Teen/Adult SUMMER DANCE CAMPS

7:30-8:30 pm

\$120

BALLERINA DANCH	E CAMP:					
Monday ~ Thursday	7/8, 9, 10, 11	Ages 3-6	9:30 am - 12:00 pm	\$175		
Monday ~ Thursday	7/8, 9, 10, 11	Ages 5-8	1:00 pm - 3:30 pm	\$175		
Monday ~ Thursday	7/29, 30, 31, 8/1	Ages 5-8	1:00 pm - 3:30 pm	\$175		
DANCE & CHEER C	AMP:					
Monday ~ Thursday	6/17, 18, 19, 20	Ages 6-10	9:30 am - 12:00 pm	\$175		
Monday ~ Thursday	8/5, 6, 7, 8	Ages 6-10	9:30 am - 12:00 pm	\$175		
Monday ~ Thursday	8/5, 6, 7, 8	Ages 6-10	1:00 pm - 3:30 pm	\$175		
FROZEN DANCE CA	MP:					
Monday ~ Thursday	6/24, 25, 26, 27	Ages 4.5-8	1:00 pm - 3:30 pm	\$175		
Monday ~ Thursday	7/22, 23, 24, 25	Ages 4.5-8	1:00 pm - 3:30 pm	\$175		
<u>CINDERELLA DANC</u>	CE CAMP:					
Monday ~ Thursday	6/24, 25, 26, 27	Ages 3-6	9:30 am - 12:00 pm	\$175		
Monday ~ Thursday	7/29, 30, 31, 8/1	Ages 3-6	9:30 am - 12:00 pm	\$175		
ANGELINA BALLERINA DANCE CAMP:						
Monday ~ Thursday	7/22, 23, 24, 25	Ages 3-6	9:30 am - 12:00 pm	\$175		
SLEEPING BEAUTY	DANCE CAMP:					
Monday ~ Thursday	7/15, 16, 17, 18	Ages 3-6	9:30 am - 12:00 pm	\$175		
Monday ~ Thursday	7/15, 16, 17, 18	Ages 4-8	1:00 pm - 3:30 pm	\$175		

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