

## **BALLET & DANCE ~ 2023 SUMMER TERM DANCE CLASSES, CAMPS & WORKSHOPS**

- ALL TERM RATES ARE DISCOUNTED. MONTHLY PAYMENT PLANS AVAILABLE when applicable - ask Director for more information.
  - 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.
  - Class level is determined by the teacher and occurs in the summer and fall only, after completing a minimum of one year in the previous level. See brochure for Studio Policies. Discounts do not apply for summer session/classes.
  - Private, Semi-Private and Small Group coaching available by appointment. Gift Certificates Available.
- Continue developing technique built throughout the curriculum year. Improve foundation and maintain skills. New students welcome!

## **MAINTENANCE CLASSES, CAMPS & DANCE WORKSHOPS**

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

Friday (7/7, 14, 21)	Ages 2.5-3	9:30 am -10:00 am	\$65
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**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 – no pull-ups.)

Friday (7/7, 14, 21)	Ages 4-5	10:00 am –10:45 am	\$75
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**PRE-BALLET & INTRODUCTION TO BALLET 1 FOUNDATION:** Enhance the love of movement through Ballet. Core learning activities are developmentally appropriate and are designed to inspire children's artistic and movement potential.

Friday (7/7, 14, 21)	Ages 6-8	10:45-11:30 pm	\$75
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**BALLET 1-3:** Classical Ballet Technique & Character Dance

Monday ~ Thursday	7/10, 11, 12, 13	Ages 7-12	4:00 pm - 5:00 pm	\$125 per week OR
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Monday ~ Thursday	7/17, 18, 19, 20	Ages 7-12	4:00 pm - 5:00 pm	\$200 for two weeks
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**BALLET 4-7:** Classical Ballet Technique, Pre-pointe, Pointe & Pirouette & Character Dance. 10-year-olds must have one year Ballet 3 experience.

Monday ~ Thursday	7/10, 11, 12, 13	Ages 10-Teen	5:00 pm - 7:00 pm	\$170 per week OR
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Monday ~ Thursday	7/17, 18, 19, 20	Ages 10-Teen	5:00 pm - 7:00 pm	\$330 for two weeks
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**TEEN/ADULT ESSENTIAL BALLET CLASS:** Build strength and technique at the barre while improving body alignment and coordination. A versatile class with combinations scaled to accommodate the student's skill level.

Monday	6/12-7/31 (No 7/3 & 7/24)	Teen/Adult	7:00 pm - 8:15 pm	\$155
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**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	5/17-6/14	Teen/Adult	10:15-11:15 am	\$100
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Wednesday	8/2-8/30	Teen/Adult	10:15-11:15 am	\$100
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### **DANCE CAMPS**

**BALLERINA DANCE CAMP:** Enhance the love of movement learning Ballet steps and stories. Core learning activities are developmentally appropriate and are designed to inspire children's artistic and movement potential.

Monday ~ Thursday	6/19, 20, 21, 22	Ages 4.5-8	9:30 am - 12:00 pm	\$175
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**FROZEN DANCE CAMP:** Become an ice princess and dance your way on a fun-filled journey through the snow. See what friends we run into along the way as we search for an ice castle. Props and art projects are incorporated to stimulate the imagination.

Monday ~ Thursday	6/19, 20, 21, 22	Ages 4-8	1:00 pm - 3:30 pm	\$175
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**ANGELINA BALLERINA DANCE CAMP:** Dancers, experience the joy of ballet. Learn some of Angelina's favorite ballet steps and enjoy dancing to classical music. You just may become a Rose Fairy Princess! All craft supplies included.

Monday ~ Thursday	6/26, 27, 28, 29	Ages 3-6	9:30 am - 12:00 pm	\$175
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Monday ~ Thursday	6/26, 27, 28, 29	Ages 5-8	1:00 pm - 3:30 pm	\$175
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**SLEEPING BEAUTY DANCE CAMP:** Dream & learn to dancelike Princess Aurora at her 16<sup>th</sup> birthday ball. Become the Sleeping Beauty as the Lilac Fairy watches over you. Have fun making princess and fairy accessories.

Monday ~ Thursday	7/10, 11, 12, 13	Ages 3-6	9:30 am - 12:00 pm	\$175
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Monday ~ Thursday	7/10, 11, 12, 13	Ages 5-8	1:00 pm - 3:30 pm	\$175
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**CINDERELLA DANCE CAMP:** Gallop to the castle and spin, twirl and dance at the ball. Cinderella has never been more fun at this dance camp! Props and art projects are incorporated to stimulate the imagination.

Monday ~ Thursday	7/17, 18, 19, 20	Ages 3-6	9:30 am - 12:00 pm	\$175
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Monday ~ Thursday	7/17, 18, 19, 20	Ages 5-8	1:00 pm - 3:30 pm	\$175
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**DANCE & CHEER CAMP:** Learn to dance and cheer including, pom and hip-hop styles. Learn to dance and create team spirit.

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