

BALLET & DANCE ~ 2025 FALL TERM ~ SEE BOTH SIDES

Term Begins 9/3; Term Ends 12/13; Studio Closed: 11/8, Veteran's Day, 11/11, Thanksgiving, 11/23-11/30

- 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 to try class to be paid in advance: (discounts do not apply) 1/2 hr.-3/4 hr. = \$25; 1hr. or longer = \$35.
- Take a 5% discount when registering for 3 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 Fall Term 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.
- Students are encouraged to participate in ABDA's annual student performances. Auditions are not required. Performing is not mandatory.
- Students must attend ALL required technique classes for their level to fully perform in spring recital.

2026 PERFORMANCE DATES (for Fairy Tale Ballet 2 thru Advanced Foundation 2 Ballet):

Performance, Saturday, 5/23, Curtain 2:00 pm; Mandatory In-Studio/In-Costume Rehearsal ~ 5/9, 1:00 - 4:30 pm; Mandatory Rehearsals at PCC, Times TBA ~ 5/20 & 5/21; Dress Rehearsal 5/22

DANCE CAMPS

PETIT NUTCRACKER DANCE CAMP ~ Saturday, 12/20 Ages 4-9 9:30 am – 12 pm \$55

PRE-SCHOOL CURRICULUM BALLET

***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	\$273/term
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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.)

Saturday (No 11/8)	Ages 3.5-4	9:00-9:30 am	\$273/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.)

Saturday (No 11/8)	Ages 4.5-6	9:35-10:15 am	\$289/term
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YOUTH & TEEN CURRICULUM BALLET (also see other side)

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

PRE-BALLET 1: 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 5.5-7	3:00-3:45 pm	\$289/term
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Saturday (No 11/8)	Ages 5.5-7	10:15-11:00 am	\$289/term
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PRE-BALLET 2: Core learning activities are developmentally appropriate and designed to inspire artistic and movement potential.

Thursday	Ages 6-7	3:45-4:30 pm	\$289/term
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BALLET 1 Foundation: A bridge from Pre-Ballet levels to Ballet 1, the first formal year of classical ballet training.

Thursday	Ages 7-9	3:45-4:45 pm	\$298/term
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BALLET 1: All classes required. The first formal year of classical ballet training. Requires character skirt rental fees; \$25/year.

Tuesday	Ages 8-12	3:45-4:45 pm	\$298/term
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Thursday	Ages 8-12	4:45-5:30 pm	\$298/term
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BALLET 2 Foundation: All classes required. The first formal year of classical ballet training. Requires character skirt rental fees; \$25/year.

Tuesday	Ages 8-12	4:45-5:45 pm	\$298/term
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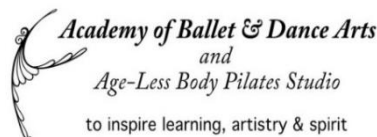
Thursday	Ages 8-12	5:15-6:15 pm	\$298/term
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BALLET 4 & 5 Foundation: All classes required. Requires character shoe and character skirt rental fees; \$50/year.

Monday	10-Teen	4:45-6:00 pm	\$320/term
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Wednesday	10-Teen	4:45-6:00 pm	\$320/term
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****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 4 upward.**



www.abdalakeoswego.com

503.381.3281

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YOUTH & TEEN CURRICULUM BALLET (also see other side)

INTERMEDIATE ~ Technique/Demi-Pointe & Pointe/Character/Repertory: Mon., Wed., Fri. classes required. Requires character shoe and character skirt rental fees; \$50/year.

Monday ~ Character & Technique	12-Teen	5:45-7:00 pm	\$229/term
Monday ~ Demi-Pointe & Pointe	12-Teen	7:00-7:30 pm	\$120/term
Wednesday ~ Stretch & Technique	12-Teen	5:45-7:00 pm	\$229/term
Wednesday ~ Demi-Pointe & Pointe	12-Teen	7:00-7:30 pm	\$120/term
Thursday ~ Technique, Demi-Pointe & Pointe	12-Teen	6:15-7:45 pm	\$299/term
**Thursday class is optional but highly recommended for developing & maintaining strength and stamina.			
Friday ~ Stretch/Character/Rep.	12-Teen	4:45-6:00 pm	\$229/term
Friday ~ Demi-Pointe, Pointe & Turns	12-Teen	6:00-6:45 pm	\$139/term

ADVANCED FOUNDATION 2 ~ Technique/Demi-Pointe & Pointe/Character/Repertory: Mon., Wed., Fri. classes required. Requires character shoe and character skirt rental fees; \$50/year.

Monday ~ Character & Technique	12-Teen	5:45-7:00 pm	\$229/term
Monday ~ Demi-Pointe & Pointe	12-Teen	7:00-7:30 pm	\$120/term
Wednesday ~ Stretch & Technique	12-Teen	5:45-7:00 pm	\$229/term
Wednesday ~ Demi-Pointe & Pointe	12-Teen	7:00-7:30 pm	\$120/term
Thursday ~ Technique & Pointe	12-Teen	6:15-7:45 pm	\$299/term
**Thursday class is optional but highly recommended for maintaining Advanced skill level.			
Friday ~ Stretch/Character/Rep.	12-Teen	4:45-6:00 pm	\$229/term
Friday ~ Demi-Pointe, Pointe & Turns	12-Teen	6:00-6:45 pm	\$139/term

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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 core strength and flexibility while correcting imbalances.

Wednesday (9/3-10/15)	Teen/Adult	10:15-11:15 am	\$147
Wednesday (10/22-12/10)	Teen/Adult	10:15-11:15 am	\$147

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 (9/8-10/27, No 10/6)	Teen/Adult	7:30-8:30 pm	\$147
Wednesday (9/3-10/15)	Teen/Adult	11:30-12:30 pm	\$147
Monday (11/3-12/8, No 11/27)	Teen/Adult	7:30-8:30 pm	\$105
Wednesday (10/22-12/10)	Teen/Adult	11:30-12:30 pm	\$147