

American Ballet Academy 2017-2018 Class Schedule

Creative Movement: Age 3-5. An introduction to dance and movement. The class emphasizes creativity, basic dance positions and steps, rhythm, coordination, and discipline in a fun environment. Class meets once per week for 30 minutes. Times include Monday 5:15pm, Tuesday 10am, Thursday 3pm, and Sat 11:00 am. Monthly tuition is \$44.

Pre-Ballet I: Age 4-6. An introduction to dance and movement. The class emphasizes creativity while further building on basic dance positions and steps, rhythm, coordination, and discipline in a fun, supportive environment. Class encourages development of participation, autonomy, and confidence which are needed for future classes. Class meets once per week for 45 minutes. Times are Monday 5:45pm, Tuesday 10:30am, Tuesday 3:15pm, Wednesday 5:15pm, and Saturday 10:15am. Monthly tuition is \$52.

Pre-Ballet II: Age 6-8. Pre-ballet II continues the creative movement of dance while transitioning to a true ballet-format class. Students further explore positions, dance steps, rhythm and coordination in a disciplined, yet fun environment. The class continues to build autonomy and confidence. Class meets once per week for 45 minutes. Times include Monday 4:30, Wednesday 5:30, Thursday 3:30pm, and Saturday 9:30am. Monthly tuition is \$52.

Ballet I: Age 7-11. Ballet I is the first class completely in the traditional ballet format. The class emphasizes further mastering ballet positions, learning fundamental steps and technique, finding proper body placement as well as continuing development of rhythm, coordination, flexibility, style, and discipline in a fun, supportive environment. The one hour class is required once per week; two classes per week are highly encouraged. Ballet I times include Tues 4:00 pm, Wednesday at 6:30, Thursday 5:15pm, and Saturday 10:30am. Tuition is \$56 a month for 1 class a week; \$92 a month for two days a week.

Ballet IIA: Age 8-12. Ballet IIA is a bridge class between Ballet I and II. This class will help smooth the transition between levels. It should be taken in conjunction with either Ballet I or II, as advised by the instructor. Class meets Monday at 4:15pm or Tuesday at 5pm. Monthly tuition is \$92 a month for 2 classes a week; \$123 a month for 3 classes a week.

Ballet II: Age 8-13. Ballet II builds upon the movements, steps, and positions taught in Ballet I while continuing to develop strength for proper body alignment and positioning. Further emphasis is put on coordination, strength and flexibility, while still realizing the need for enjoyment. Ballet II requires two days a week for performance involvement, and meets for one hour at a time. Class times are: First class: Monday at 5:15 *or* Thursday 4:45pm; Second class: Tuesday at 5 *or* Sat 9:30am. Third class may be added; please discuss with director for scheduling. Tuition is \$92 for two days a week; \$123 a month for three days a week.

Ballet IIIA: Age 9-14. Ballet IIIA is a bridge class between Ballet II and III. This class will help smooth the transition between levels. It should be taken in conjunction with either Ballet II or III, as advised by the instructor. Class meets Thursday at 4:15 or 6:15. Monthly tuition is \$123 a month for 3 classes a week.

Ballet III: Age 10-15. Ballet III adds more complex body alignment, traveling patterns, musical rhythms, and artistic development to the class. Students continue to work toward perfected body alignment, strength, and flexibility in a fun, supportive environment. Ballet III requires three days a week; two Ballet III classes plus either IIIA or IVA. Additional classes may be added and are strongly encouraged for IVA dancers; please discuss with the instructor if you are interested! Student may begin pre-pointe/pointe work as advised by the instructor. Class times are: Tuesday at 4 *and* Wednesday at 4:30 *or* Tuesday at 7:15pm *and* Wednesday at 6:45pm. Monthly tuition for three days a week is \$123; \$154 for four classes a week. Frequent absences without sufficient make-ups are not safe for the dancers.

Ballet IVA: Age 11+. Ballet IVA is a bridge class between Ballet III and IV. This class will help smooth the transition between levels. It should be taken in conjunction with either Ballet III or IV, as advised by the instructor. Class meets Thursday at 3:30 or 5:45pm. Monthly tuition is \$123 a month for 3 classes a week or \$154 for 4 classes a week. Frequent absences without sufficient make-ups are not safe for the dancers.

Ballet IV: Age 12+. Ballet IV continues to strive toward perfection of more complicated ballet steps and positions while expanding on movement knowledge. Class emphasizes strength, placement, coordination, flexibility and style in a fun, supportive environment. Class meets Monday at 7:30 (rehearsal night), Tuesday 6pm, Wednesday at 3:15 or 7:45 (Ballet IV/V combined), and Friday at 4:00pm (Pointe II). Students should also take one Ballet IVA or one Ballet IV/V class as directed by the instructor. 5 classes a week is recommended for timely advancement; a minimum of 4 classes is required for the safety of the dancer. Additional classes may be added, please discuss with the instructor if you are interested! Monthly tuition is \$154; \$184 for five classes a week. Frequent absences without sufficient make-ups are not safe for the dancers.

Ballet V/Advanced Pointe: Age 14+. Ballet V requires an understanding of ballet principles and technique. It continues to strive towards perfection of movement and positions with personal style and interpretation as well as further develops strength, flexibility, and coordination. Much focus is put on more advanced, detailed pointe work. Class meets Monday at 6:15pm, Tuesday at 6pm, Wednesday at 3:15 or 7:45pm, Thursday at 7, Friday at 5:15pm, and Saturday at 12:30pm. 6 classes a week is recommended; a minimum of 5 classes is required for the safety of the dancer. Monthly tuition is \$184 for 5 days per week, \$204 for 6 days a week. Frequent absences without sufficient make-ups are not safe for the dancers.

Pre-Pointe: Age 10+. Pre-Pointe is to help strengthen and stretch feet and ankles and continue to work proper body alignment and strength to prepare for pointe. Class meets Wednesday at 6pm (30min). Monthly tuition is \$23. Requires a thera-band.

Pointe I: Age 11+. Beginning Pointe will slowly introduce students to the highlighted goal of most ballerinas, pointe. Much of the work will be completed at the barre, with the goal of strengthening dancers feet, legs, and body, and helping them find their center of balance. When the students are ready, they will be allowed to do simple movements in the center. Pointe I meets for 30 minutes once a week (Wednesday at 6:15). Monthly tuition is \$23. Students are required to attend a minimum of 3 additional technique classes to be considered for pointe. Frequent absences without sufficient make-ups may require a student to not partake in Pointe I for the students safety.

Pointe II: Pointe II allows dancers to build their confidence dancing en pointe with simple turns, jumps, and other more advanced movements. Pointe II requires students to attend a minimum of 4 ballet classes a week to be considered for the class. Frequent absences without sufficient make-ups are not safe for the dancers.

Pas de Deux: Age 14+. In partnering, students will be asked to use the foundational technique they have learned and apply it when being supported by another dancer. They will also be asked to pay special attention to dancing with each other in a manner the compliments both dancers. Whereas there will be boys in the class, girls will sometimes be required to partner each other – this will help them better understand the role of a male dancer, and will ultimately make them a better partner. Class meets Thursday at 8:15 for 45 minutes. This class is for students enrolled in Ballet V taking 5 ballet technique classes a week. Tuition is \$27 a month.

Community Ballet: Class is designed for high school and adult students of beginning and intermediate experience levels. The class works teaches classical ballet movements and positions in a relaxed, fun environment. Class meets Monday at 7:30pm, and/or Saturday at 8:30 am. More experienced dancers may take additional Ballet IV or V classes as discussed with the instructors. Monthly tuition is \$46 for one class per week; \$82 for 2 classes per week.

Boys Only: Three Levels; Age 5+, 9+, or Mens class, as advised by instructor. This class gives boys the opportunity to dance with each other, and explore movements that are traditionally included in the male dancers repertoire including more jumps, turns, and focus on strength. Men's class is for more advanced turns, jumps, and development of technique. It is recommended that boys also enroll in a class more similar to their age/skill level. Boys I&II classes meet Saturday at 11:30am; Men's class meets Tuesday at 8:15pm. **TUITION FREE!**

Jazz: Ages 7 - 11, This class emphasizes strength, flexibility, coordination, and expression in a fun, energetic setting. It teaches fundamental jazz steps and floor work. Jazz meets Wednesday at 4:15. Monthly tuition is \$56 (Discount to \$20-\$35, depending on the number of classes enrolled!). *It is strongly recommended that jazz students also enroll in a ballet class for well-rounded, compete foundational training.*

Contemporary/Modern: Level II is for ages 9-14; Level III is for ages 12+. Contemporary dance uses techniques of modern and ballet, while emphasizing expression, floor work, and using ones center of gravity to find new and exciting positions and movement. This class is highly recommended for the most serious ballet students as it will both make them a stronger ballet dancer, and will give them a more diverse dance training. Level II meets on Monday at 6:30; Level III meets Tuesday at 7:15. Tuition is \$56 a month and is discounted to \$20-\$35 a month for the multiple class discount, depending on how many other classes the student is enrolled in.

*Please ask about the 2017-2018 family discount

*Registration is online, and is complete when the registration fee is paid (\$20 for returning students before July 1, 2017; \$25 for new students are after July 1st)