

American Ballet Academy 2024-2025

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 at 4:30pm, Tuesday at 10am, Thursday at 5:15pm and Saturday at 11am. Monthly tuition is \$54.

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 at 5pm, Tuesday at 10:30am, Tuesday at 3pm, Thursday at 4:30pm, and Saturday 10:15am. Monthly tuition is \$62.

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 Tuesday at 4:30pm, Thursday at 3:15pm, Thursday at 5:45pm, and Saturday 9:30am. Monthly tuition is \$62.

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 Monday at 4:15pm, Monday at 5:45pm, Wednesday at 3:15pm, and Saturday at 9:30am. Tuition is \$71 a month for 1 class a week: \$110 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 Tuesday at 6:15pm or Wednesday at 3:45pm. Monthly tuition is \$110 a month for 2 classes a week: \$142 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; three days a week combined with either IIA or IIIA as advised by the instructor is highly recommended for quicker advancement. Class times are Monday at 6:45pm, Tuesday at 3:45pm, Wednesday at 4:15pm, and Thursday at 6:30pm. Tuition is \$110 for two days a week; \$142 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 Monday at 5:45pm or Thursday at 4:00pm. Monthly tuition is \$142 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. Students continue to work toward perfected body alignment, strength, and flexibility in a fun, supportive environment. Ballet III requires three days a week: 2-3 Ballet III classes plus either IIIA or IVA. To gain desired strength and technique to advance four classes is recommended, especially for IVA students; please discuss with the instructor what class is most appropriate. Student may begin pre-pointe/pointe work as advised by the instructor. Class times are Tuesday at 4:45 *and* Wednesday at 5:15pm *or* Wednesday at 6:30pm *and* Thursday at 6:15pm. Please sign up either afternoon or evening times along with IIIA, IV, pre-pointe and pointe as directed. Monthly tuition for three days a week is \$142, \$177 for four classes a week. Frequent absences without sufficient make-ups are not safe for the dancers and will affect progression.

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 Tuesday at 7:15pm. Monthly tuition is \$142 a month for 3 classes a week or \$177 for 4 classes a week. Frequent absences without sufficient make-ups are not safe for the dancers and will affect progression.

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 7:45 (Contemporary Ballet), Tuesday at 6:00pm, Wednesday at 7:45pm (rehearsal night), Thursday at 5:00pm, and Saturday at 10:30am (periodic rehearsals). Students should also take one Ballet IVA or one Ballet V class as directed by the instructor. 5 classes a week is strongly recommended to keep up with the demands of class; a minimum of 4 classes is required for the safety of the dancer. Additional classes may be added, including Dance Condition, Modern, or additional technique classes! Monthly tuition is \$208 for five classes a week. Frequent absences without sufficient make-ups are not safe for the dancers.

Ballet V: 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 7:45pm (Contemporary Ballet), Tuesday at 7:15pm, Wednesday at 4:45pm, Thursday at 7:30pm, Friday at 5:00 and Saturday at 12:45pm. Rehearsals follow Friday and Saturday classes. 6 classes a week is recommended to keep up with the demands of the class; a minimum of 5 classes is required for the safety of the dancer. Monthly tuition is \$208 for 5 days per week, \$228 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 for 30 minutes on Mondays at 5:15pm. Monthly tuition is \$32. 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 Wednesdays at 6:00pm. Monthly tuition is \$32. 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 student's 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. Class meets Wednesday at 6:30pm, as part of the regular Ballet IV schedule. Frequent absences without sufficient make-ups are not safe for the dancers and will affect progression.

Advanced Pointe: Age 14+. Advanced pointe will help Ballet V dancers gain further strength and control with their pointe work, giving their technique the desired sense of ease ballet requires. Class meets after regular technique class Tuesdays at 8:30 for 45 minutes. Tuition is \$34 a month.

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 that 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. This class is for students enrolled in Ballet V taking 5 ballet technique classes a week. Class meets Thursdays at 8:45pm for 45 minutes. Tuition is \$34 a month.

Boys Only: Three Levels; Age 6+, 9+, or Men's 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 ballet class closer to their age/skill level. Boys I meets Saturday at 11:30am; Boys II meets Friday at 4:00pm; Men's class meets Saturday at 11:45am. **TUITION FREE!**

Contemporary/Modern: Before enrolling in contemporary, students should complete at least one year of Ballet I for foundational training. Contemporary Level II is for ages 8-13; Level III is for ages 10-15; Level IV is for ages 12+. Contemporary dance uses techniques of modern and ballet, while emphasizing expression, floor work, and using one's 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 Tuesday at 5:15pm; Level III meets Thursday at 7:30pm, and level IV meets Wednesday at 6:30pm. Tuition is \$71 a month and is discounted to \$20-40 a month for the multiple class discount, depending on how many other classes the student is enrolled in.

Dance Conditioning: Age 14+. Class meets Monday at 6:45pm for 45 minutes. This class will build strength and placement and fine tune body awareness, all of which every dancer needs for advancement and injury prevention, but that can be difficult to obtain without cross training. It is for students enrolled in Ballet IVA, Ballet IV, or Ballet V. Tuition is \$34 a month.

Home School Ballet: Two levels; **Home School Pre-Ballet** ages 5-9 and **Home School Ballet** ages 8 and up. Both classes will teach foundational ballet skills in a fun, structured environment. Dancers need a solid colored leotard, pink ballet shoes and pink ballet tights which can be purchased at The Dance Store in Salem or at other dance suppliers. The class will include 3 informal performances a year at the studio (Dec, Mar, June). Students will purchase simple costume for these performances. Home School Pre-Ballet meets Tuesdays from 12:45-1:30 for \$69/month. Home School Ballet meets Tuesdays from 1:30-2:30 for \$79/month. Students who wish to have more serious training and performances will be prepared to transition to either the Young Dancers program or Curriculum Ballet Program.

Adults: Dance is not just for kids! Adults can enjoy the benefits of dance, too: health, friendship, and fun! Beginning Ballet is for adults with little to no experience, or those who have not danced it years. It meets Wednesday at 7:45pm. Community Ballet is designed for high school and adult students of beginning/intermediate and intermediate experience levels. Novice dancers are welcome but may wish to take Beginning Ballet or privates for more fundamental instruction first. The class work teaches

classical ballet movements and concepts in a relaxed, fun environment. Class meets Monday at 7:45pm, and/or Saturday at 8:30 am. The Silver Slippers class is a lower impact ballet class. It meets Tuesday at 11:15am. More experienced dancers may take additional Ballet IV or V classes as discussed with the instructors. Monthly tuition is \$58 for one class per week; \$98 for 2 classes per week. Alternatively, punch cards can be purchased; a six-class punch card is \$96 (good for 3 months) or a 12-class punch card is \$169 (good for 6 months). Drop-ins are \$18/class.

*Please ask about the 2024-2025 family discount

*Registration is online, and is complete when the \$35 registration fee is paid (\$15 for each additional student)