



www.abdalakeoswego.com

503.381.3281

BALLET & DANCE ~ 2018 SPRING TERM ~ SEE BOTH SIDES

Term Begins 4/2 and Ends 6/3. CHECK EACH CLASS FOR HOLIDAY CLOSURES. Spring Break: 3/22-4/1; Summer Term: 7/9-8/16

- 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. = \$18; 1 hr. - 1 1/4 hrs. = \$25; 1 1/2 hrs. - 2 hrs. = \$29.00
 - Take a 5% discount when registering for 2 or more classes per week per student with full payment.
 - 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. Inters. and above are approved to take the Essential Ballet class tuition free to assist with development.
 - Ballet 1 Foundation ~ Ballet 3 register for 2 technique classes per week. Intermediate and up register for 3 classes per week.
 - Students must attend two ABDA technique classes per week to take any class en Pointe and Pre-Pointe.
- Students are strongly encouraged to participate in ABDA's annual student performances. Auditions are not required. Performing is not mandatory. Ballet 1 Foundation ~ Ballet 3 must take 2 classes per week to perform in spring recital. Intermediate and up must take 3 classes per week to perform in spring recital.

SAVE THE DATES & REGISTER NOW FOR SUMMER DANCE CAMPS & WORKSHOPS FOR ALL AGES

DANCE & CHEER CAMP:	M-TH, 7/9-7/12	Ages 6-9	9:30 am - 12:00 pm	\$165
ANGELINA BALLERINA DANCE CAMP:	M-TH, 7/16-7/19	Ages 3-6	9:30 am - 12:00 pm	\$165
FROZEN DANCE CAMP:	M-TH, 7/30-8/2	Ages 4-7	9:30 am - 12:00 pm	\$165
CINDERELLA DANCE CAMP:	M-TH, 8/6-8/9	Ages 3-6	9:30 am - 12:00 pm	\$165
YOUTH BALLET WORKSHOP:	M-TH, 8/13-8/16	Ages 8-11	5:30 pm - 7:00 pm	\$125
REPertoire WORKSHOP:	Ballet Variations, Pre-Pointe/Pointe, Classical Character Dance and Contemporary.			
	M-TH, 8/6-8/9	Ages 12+	1:00 - 4:30 pm	\$125
TEEN/ADULT ESSENTIAL BALLET:	TH, 7/12-8/9	Ages 12+	7:30 - 8:45 pm	\$220

RECITAL DANCE CLASSES

2018 SPRING RECITAL DATES: In-Studio Rehearsal ~ 5/20. PCC Rehearsals ~ May 30 & 31;

Dress Rehearsal ~ June 1; Performance ~ June 3.

FAIRY TALE BALLET: 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.)

Thursday	Ages 3-5	3:45-4:30 pm	\$203/term
Saturday (No 6/2)	Ages 3-5	9:30-10:15 am	\$203/term

PRE-BALLET: Develop movement ability, memorization, listening skills and musicality. Developmentally appropriate steps are taught, fostering self-confidence and nurturing the love of dance. 5-year-olds must have entered kindergarten in the Fall.

Tuesday (No 5/29)	Ages 5-8	3:45-4:45 pm	\$223/term
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BALLET 1 / BALLET 2 ~ Technique, Contemporary & Character: Register for 2 classes per week.

Tuesday	Ages 8-11	5:00-6:15 pm	\$224/term
Thursday (No 3/22)	Ages 8-11	5:00-6:15 pm	\$224/term

BALLET 2 / BALLET 3 ~ Technique, Contemporary & Character: Register for 2 classes per week.

Tuesday	Ages 9-Teen	6:00-7:30 pm	\$233/term
Thursday (No 3/22)	Ages 9-Teen	6:00-7:30 pm	\$233/term

INTERMEDIATE ~ Technique, Character, & Demi-Pointe/Pointe (For students enrolled in Friday Pointe Class):

Register for 3 classes per week including Demi-Pointe/Pointe class. Students must have completed Ballet 5 or equivalent.

Monday (No 5/28)	Ages 13+	5:30-7:30 pm	\$238/term
Wednesday	Ages 13+	5:30-7:30 pm	\$238/term

PRE-ADVANCED ~ Technique, Character, & Pointe (For students enrolled in Friday Pointe Class):

Register for 3 classes per week including Pointe class.

Monday (No 5/28)	Ages 13+	5:30-7:30 pm	\$238/term
Wednesday	Ages 13+	5:30-7:30 pm	\$238/term

DEMI-POINTE*BEG. POINTE*PIROUETTE*STRETCH

Friday	Ages 11+	4:30-5:30 pm	\$155/term
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PRE-POINTE & STRETCH ~ Ballet 2 and 3: Please note age.

Friday	Ages 10-Teen	4:30-5:30 pm	\$155/term
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PRE-ADVANCED POINTE*PIROUETTE*STRETCH

Friday	Ages 13+	5:00-7:00 pm	\$238/term
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NON-RECITAL DANCE CLASSES

TINY TOT DANCE EXPLORATION: 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 (Begins 4/11)	Ages 2-3	9:30-10:00 am	\$115/term
Saturday (No 6/2)	Ages 2-3	9:00-9:30 am	\$130/term

FAIRY TALE BALLET: 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.)

Thursday (4/5-5/3)	Ages 3-5	3:45-4:30 pm	\$90/term
Saturday (4/7-5/5)	Ages 3-5	9:30-10:15 am	\$90/term

PRE-BALLET: Develop movement ability, memorization, listening skills and musicality. Developmentally appropriate steps are taught, fostering self-confidence and nurturing the love of dance. 5-year-olds must have entered kindergarten in the Fall.

Tuesday (No 5/29)	Ages 5-8	3:45-4:30 pm	\$191/term
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TEEN AND ADULT BALLET & FITNESS CLASSES

BEGINNING BALLET 1: It's never too late to start dancing! This class is for those who are new to ballet and those who would like to improve their basic technique. Instruction will be broken down to the core elements and developed each week. We love teaching this time-honored art form! Pink or white ballet slippers, please.

Tuesday (4/3-5/8)	Teen-Adult	7:30-8:30 pm	\$90/term-6 weeks
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ESSENTIAL BALLET: Ideal for "resumers" and those who haven't danced in decades. 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. The perfect class for musical theater and dance team students.

Thursday (4/5-5/10)	Teen-Adult	7:30-8:45 pm	\$115/term-6 weeks
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PILATES ESSENTIAL 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. Beginners welcome.

Wednesday (4/11-5/9)	Teen/Adult	10:15 am	\$75 (5-wks)
Wednesday (5/16-6/20)	Teen/Adult	10:15 am	\$90 (6-wks)

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