

www.abdalakeoswego.com

503.381.3281

BALLET & DANCE ~ 2018 WINTER TERM ~ SEE BOTH SIDES

Term Begins 1/7 and Ends 3/20. CHECK EACH CLASS FOR HOLIDAY CLOSURES.

- 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. = \$30.00
- 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. Intermediate and above are approved to take the Essential Ballet class tuition free to help speed their development.
- Ballet 2 ~ Ballet 3 register for 2 technique classes per week. Intermediate and up register for 3 classes per week.
- Students must attend 2 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 2 ~ 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.

****2019 SPRING RECITAL DATES: In-Studio Rehearsal ~ 5/19. PCC Rehearsals ~ June 5 and June 6; Dress Rehearsal ~ June 7; Performance ~ June 9. Times TBD.**

PRE-SCHOOL BALLET CLASSES

NUTCRACKER DANCE CAMP: Join the excitement by learning characterizations and dance variations from the Nutcracker ballet. Transform into a dancing toy soldier or a beautiful Sugar Plum Fairy using fun props and Nutcracker Ballet music. Supplies included & no dance experienced required. Bring a light snack and clear liquid drink.

W, TH, F	Jan 2, 3, 4	Ages 4-8	9:30a-12p	\$124
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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		Ages 2-3	9:30-10:00 am	\$140/term
Saturday		Ages 2-3	9:00-9:30 am	\$140/term

FAIRY TALE BALLET 1: 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.)

Thursday		Ages 3-5	3:45-4:30 pm	\$203/term
Saturday		Ages 3-4	9:30-10:15 am	\$203/term

FAIRY TALE BALLET 2: A continuation of Fairy Tale Ballet 1 implementing more developed themes. Core learning activities are developmentally appropriate and are designed to inspire children's artistic and movement potential. (Must be potty trained – no pull-ups.)

Saturday		Ages 4-6	10:30-11:15 am	\$203/term
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YOUTH BALLET LEVELS

PRE-BALLET: Develop movement ability, memorization, listening skills and musicality. Developmentally appropriate steps are taught, fostering self-confidence and nurturing the love of dance.

Monday (No 1/28)		Ages 6-8	5:00-5:45 pm	\$186/term
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BALLET 1 FOUNDATION A:

Wednesday	Session 1: 1/9-2/27	Ages 9-12	5:00-5:45 pm	\$145/session
	Session 2: 3/6-4/24	Ages 9-12	5:00-6:00 pm	\$150/session

BALLET 1 FOUNDATION B: Develop the fundamental elements of classical ballet and gain a sense of self discipline. Basic ballet vocabulary and class etiquette are taught. 6-year-olds must have completed 1 full year of Pre-Ballet. May require twice per week in spring to perform in spring recital.

Tuesday		Ages 6-9	4:15-5:15 pm	\$224/term
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BALLET 2 ~ Technique: Register for 2 classes per week.

Tuesday		Ages 8-11	5:30-6:30 pm	\$224/term
Thursday		Ages 8-11	5:15-6:15 pm	\$224/term

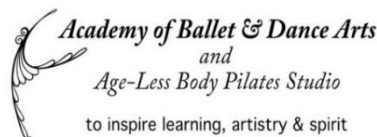
BALLET 3 / BALLET 4 ~ Technique: Register for 2 classes per week.

Tuesday		Ages 9-Teen	6:15-7:45 pm	\$238/term
Thursday		Ages 9-Teen	6:15-7:30 pm	\$233/term

PRE-POINTE, BEGINNING POINTE & STRETCH: Highly recommended for strength and technique conditioning.

Friday		Ages 10-Teen	4:45-6:00 pm	\$233/term
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PRE-PROFESSIONAL BALLET LEVELS

INTERMEDIATE 1 ~ Technique & 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 1/28)	Ages 12+	4:30-6:15 pm	\$241/term
Wednesday	Ages 12+	4:30-6:15 pm	\$241/term

INTERMEDIATE 2 / ADVANCED FOUNDATION ~ Technique, Character, & Pointe (Pointe for students enrolled in Friday Pointe Class):

Register for 3 classes per week including Pointe class.

Monday (No 1/28)	Ages 13+	6:00-8:00 pm	\$246/term
Wednesday	Ages 13+	6:00-8:00 pm	\$246/term

PRE-POINTE*BEG. POINTE* STRETCH: Highly recommended for strength and technique conditioning.

Friday	Ages 10+	4:45-6:00 pm	\$233/term
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INTERMEDIATE 2 / ADVANCED POINTE*PIROUETTE*STRETCH

Friday	Ages 13+	5:15-7:00 pm	\$241/term
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TEEN / ADULT BALLET & PILATES CLASSES

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 1/10-2/28	Teen-Adult	7:35-8:45 pm	\$154/term-8 weeks
Thursday 3/7-5/9 No Class 3/21 & 3/28	Teen-Adult	7:35-8:45 pm	\$154/term-8 weeks

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 1/9-2/13	Teen/Adult	10:15 am	\$102 (6-wks)
Wednesday 2/20-3/20	Teen/Adult	10:15 am	\$85 (5-wks)

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