| | ART & |
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| 6 | Ballet |

Arts Ballet Academy - Schedule 2014-2015 Academic Year Classes 11009 Warwick Boulevard, Newport News, VA 23601 www.artsballet.com 757.504.4450 artsballet@gmail.com Emily Hill, Artistic Director

| | MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | | SATURDAY | | |
|----------------|--|------------------------------|----------|---|--|--|--------------------------------|---|----------|--------------------------|-----------------------|--------------------------------|--|----------|-------------------|-----------------------------|----------------------------------|----------|
| | STUDIO A | STUDIO B | STUDIO C | STUDIO A | STUDIO B | STUDIO C | STUDIO A | STUDIO B | STUDIO C | STUDIO A | STUDIO B | STUDIO C | STUDIO A | STUDIO B | STUDIO C | STUDIO A | STUDIO B | STUDIO C |
| 7:00 | | | | | | | | 7:00 | | | 0.00.00 | | | | | | | 7:00 |
| 7:15 7:30 | | | | | | | | | | | | | | | | | | |
| 7:45 | | | | | | | | - | | | | | | | | | | - |
| 8:00 8:15 | | | | | | | | 8:00 | | | | | | | | | | 8:00 |
| 8:30 8:45 | Adult Yoga | | | | | | | | | | | | | | | | | |
| 9:00 | 8:15-9:30 | | | | | | | 9:00 | | | | | | | | Core Conditioning | | 9:00 |
| 9:15 9:30 | | | | | | | | | | | | | | | | Ages 9+ Rotating | | |
| 9:45 | | | | | | | Adult Modern | | | Adult NIA | | | | | | Instructors | | |
| 10:00 10:15 | | | | | | | 9:30-10:45 Mrs. Pat | 10:00 | | 9:30-10:45 Mrs. Pat | | | | | | Advanced Ballet | | 10:00 |
| 10:30 | | | | | | | | | | in a ruc | | | | | | Technique Levels 4-5-6 | Intermediate Ballet Technique | |
| 10:45 | | | | | | | | | | | | | | | | Rotating | Levels 2b-3 Emily | |
| 11:00 11:15 | | | | | Storybook Ballet 11-11:45 Ages 3-4 | | | | | | | | | | | Instructors | | 11:00 |
| 11:30 | | | | | Becca/Emily | | | | | | | | | | | Intermediate - | Beginning Pointe | |
| 11:45 | | | | | | | | 12:00 | | | | | | | | Advanced Pointe Rotating | Levels 2b-3 | 12:00 |
| 12:15 | | | | | | | | | | | | Kundalini Yoga for Everyone | Core Barre Conditioning for | | | Instructors | Emily | |
| 12:30 12:45 | | | | | Storybook Ballet 12:45- | | Creative Jazz, Tap & | | | | | 12:00-1:15 | Adults 12:00-1:15 | | | | | |
| 1:00 | | | | | 1:30 Ages 3-4 | | Acting 12:45-1:30 Ages | | | | | Atma | Mme Amy | | | | | 1:00 |
| 1:15 | | | | | Becca/Emily | | 3-5 Becca | | | | | | | | | | | |
| 1:30 1:45 | | | | Reserved for Privates and | | | Reserved for Privates and | | | | | | | | | | | |
| 2:00 | | | | Rehearsals Mrs. Emily | | | Rehearsals Mrs. Emily | 2:00 | | | | | | | | | | 2:00 |
| 2:15 2:30 | | | | wirs. Enniy | | | WITS, ETTINY | | | | | | | | | | | |
| 2:45 | Reserved Mrs. | | | 2:30-4:00 Advanced | | | | | | | | | | | | | | |
| 3:00 | Emily | - | | Ballet Technique Levels 4-5-6 | | | | 3:00 | | | | | | | | Reserved for | Reserved for | 3:00 |
| 3:15 3:30 | | | | Emily | | | | | | | Storybook Ballet Ages | | | | | Ballet Rehearsals and | Ballet Rehearsals and | |
| 3:45 | | | | | | | | | | | 3-4 3:30-4:15 | | | | | Events | Events | |
| 4:00 4:15 | | | | Choreo Wksp Ballet 3-6 4:00-4:30 Emily | Tap 1 Ages 7+ 4:00-4:30 | | Tap 2 Ages 7+ 4:00-4:30 | 4:00 | | | Becca | | | | | | | 4:00 |
| 4:15 | | Ballet Level 2b | | Int/Adv | Becca Beginning Ballet | | Becca | | | Beginning Ballet | Pre-Ballet A | Ballet Levels 2-4 | | | Kids Yoga | | | |
| 4:45 | 4:15-6:15 Advanced | 4:15:5:30 | | Contemporary | Level 1b (Ages 7+) | Beginning Ballet Level 1a (Ages 9-12) | | Pre-Jazz Tap & Acting Ages 5-7 4:30-5:30 | | Level 1b (Ages 7+) | 4:30-5:30 | Pre-Pointe | Core Conditioning Ages 9+ | | 4:15-5:15 Atma | | | |
| 5:00 | Ballet (Levels 4-5-6) Technique and | Becca & Emily | | Modern/Lyrical 3 4:30-5:30 Pat | 4:30-5:30 Ane' | 4:30-5:30 Emily | Ballet Level 2a&b 4:30-6:00 | Becca | | 4:30-5:30 Ane' | Age 5 Emily | 4:30-5:30 Becca | 4:30-5:30 Mme. Amy, Pat, Emily | | | | | 5:00 |
| 5:15 5:30 | Pointe Liana | Internet dist | | , | Pre-Ballet B | Beginner | Mme. Amy | | | , unc | | Decto | | | | | | |
| 5:45 | Lialia | Intermediate Contemporary | | Intermediate Ballet | 5:30-6:30 | Contemporary | | | | Intermediate Ballet | Jazz 1 Ages 6-9 | 5:30-7:00 Advanced | Advanced Pointe Ballet 4-6 5:30-6:30 | | | | | |
| 6:00 | | Modern/Lyrical 2 | | Technique Level 3 - 4 | Age 6 | Modern/Lyrical 1 Ages 7+ 5:30-6:30 | Jazz 2 | | | Technique Level 3 | 5:30-6:30 | Ballet Technique | Mme. Amy, Liana, Emily | | | | | 6:00 |
| 6:15 6:30 | | 5:30-6:30 Pat | | 5:30-7:00 | Ane' | Pat | 6:00-7:00 | | | 5:30-7:00 | Becca Acting 1 | Levels 4-5-6 Emily | | | | | | L |
| 6:45 | | Ballet Level 2a | | Megan | Beginning Ballet Level 1a 6:30-7:30 | | Becca | | | Megan | Ages 7-9 | , | Classical Variations Ballet 4-5-6 6:30-7:30 | | | | | |
| 7:00 | 6:45-8:00 | 6:30-7:45 | | | (Ages 7-8) | Kundalini Yoga for | Acting 2 | | | | 6:30-7:30 Becca | Ballet Levels 2-3 | Mme. Amy, Liana, | | | | | 7:00 |
| 7:15 | Adult Intermediate NIA | Becca & Emily | | | Ane' | Everyone 6:45-8:00 | 7:00-8:00 | | | Advanced Contemporary | (Literate) | Pre-Pointe | Emily | | | | | |
| 7:30 7:45 | Pat | | | | | Atma | Ages 10+ Becca | | | Modern/Lyrical | | 7:00-8:00 Emily | | | | | | |
| 8:00 | | | | | | | | | | 7:00-8:30 Pat | | | | | | | | 8:00 |
| 8:15 | | | | | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | | | | | |
| 8:45 | | 1 | | | | | | | | | | | | | | | | |

Young Dancers' Program Lavender: Classes for preschoolers ages 3 -4 Pink: Pre-Ballet Classes (A & B) for ages 5-7

Level-Based Ballet Program (Level 1a is entry level, all other levels require placement and more than one class per week.)
Sky Blue Ballet Level 1a, Beginner Level for ages 7-11, open placement
Sky Blue Ballet Level 1a, Beginner Level for ages 7-11 (2 classes per week)

Cobalt Ballet Level 2, Advanced Beginner(2a) and Beginning Intermediate(2b), requires placement, for ages 8+

Green Ballet Level 3, Intermediate Classes, requires placement for ages 10+ (3 classes per week)

Advance Ballet Levels 4-5-6, Turquiose, Fucia, Black, requires placement for ages 12+ (4+ classes per week) Pre-Pointe/Beginning Pointe Classes for Ballet 3-3 Dancers (must take a minimum of one class per week)

Online Registration?

* All Classes have online registration at www.artsballet.com/classes or you can register in person.

Musical Theater Jazz, Tap, Choreography and Acting Classes

* Classes in the Level-Based Ballet Program 1b-6 require placement and are enrolled by our staff because of scheduling options and prerequisites. Please email, call, or come to our Open Houses in Aug/Sep!

* Ages for classes serve as a guideline only. It is at the discretion of the instructors to place students.

 Contemporary & Modern Dance for Level-Based Program ages 7+ and (Open Program: ages 7+12 may take Modern|Lyrical 1)

 Adult Punch-Card Classes in Yoga, NIA, Conditioning, and Dance

 Core Conditioning: A Naiedocope of Core Classes for Dancers, Athletes, and Adults ages 10+

* Custom Classes? We are able to arrange daytime custom classes/workshops. Classes usually need a minimum of six students to form. These are perfect

for homeschoolers and other groups and are appropriate for beginning levels. Please contact Emily Hill if you are interested in dance workshops, class demonstrations, or a class series for Girl Scout Troops or Schools.

* Arts Ballet reserves the right to cancel, add, or modify classes based on enrollment.