Last Revised July 15, 2018

## Arts Ballet Academy - ADULT CLASSES 2018-2019 - Academic Year Classes

11009 Warwick Boulevard, Newport News, VA 23601 www.artsballet.com 757:504.4450 artsballet@gmail.com Emily Hill, Artistic Director REGISTER ONLINE TODAY!

	moog warwick boulevard, Newport News, VA 23001 www.artsballe							LCOM 757.504.4450 artsbanet@gmail.com Ei			Inity Hill, Artistic Director Register Online TODAT:								
		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	
8:45 9:00 9:15 9:30 9:45					Arrival					9:30-11:00 AM						Advanced Cross-Training/ Kaleidoscope for Dancers, Teen Athletes & Adults	9-10 am Pre-Ballet A ages 4.5-6.5	Intermediate Cross-Trainng/ Kaleidoscope for Dancers & Teen Athletes & Adults	
10:00 10:15 10:30 10:45 11:00 11:15	9:30-11 Adult Intermediate NIA Mrs. Jones				10-10:50 Mommy and Me 18 mo-3yr Bailey					Adult NIA Mrs. Jones						Advanced Ballet Levels 5-6 (4s by invitation) Bailey/ Liana/ Emily	Adults wishing for Intermediate/Adva nced Classes in Ballet and/or Pointe. Please call/email.	Beg. Intermed. Ballet 3a	
11:30																11	:30-12:00 Break/L	unch	
11:45 12:00 12:15 12:30 12:45					Preschool Lunch Bunch for Storybook Class							12:00-1:15 Kundalini Yoga Atma Khalsa				Advanced Pointe, Variation, Repertoire 5- 6 Required	Intermediate 3B/4 REP/Pointe (Required for Performing)	Beg & Pre- Pointe / 3a REP Required	
1:00					12:40-1:30 Storybook Ballet												1-1:20 FLEXIBILITY C	LASS by Room, CORE	
1:30					Ages 3-4.5											Gancers re	quireu to stay, recon	intended to an	
1:45 2:00 2:15													time after schoo	h to take Friday class I: but could if the class ease email artsballet@	s moved by 15-30				
2:30 2:45																			
3:00 3:15				Arrival			Arrival for MT						Core Align & Conditioning 3*,4,5		Core Conditioning				
3:30 3:45			Advanced Beginning Ballet 2A/2B/3A*	3:30-4:20 Storybook Ballet Ages 3-4.5		Core Align & Conditioning 1B-3As	Musical Theater: Jazz, & Acting a. 4.5-7 Tap for ages 4.5-7	Arrival for Tap	Arrival Arrival for Pre-B				3:30-5 Advanced & Adv. Intermediate Ballet/ Pointe (3b by	Int/Advanced					
4:00	Arrival for Pre-A	Arrival for Tap Tap Option			Arrival			Tap option for Pre-Ballet B		Core Align & Conditioning 1B-3As	Arrival			ballet/dance technique skills for	Reserved for Workshops, Chreography, Rehear Ballet Program				
4:30 4:45		Pre-Ballet A 5-6	Advanced Beginner Modern Core +	Beginning Ballet 1B	Fundamental Ballet (Levels 1/2), For Pre-	Advanced Beginning		Pre-Ballet B	Beginning Ballet 1B & Stretch ages 7-10	Advanced Beginning	Beginning Ballet 1B		invitation) 4-5		open/rec and core programs 2/3s		Ballet Program	I	
5:00 5:15 5:30 5:45	Core Align & Conditioning 3a-5s Advanced		Contemporary Repertoire 2A/2B/3A	Ballet 1B Repertoire	Teen/Teens Ages 11- 16 May take one or more class per week Beg Intermediate	Ballet 2A/2B/3A*	Core Align & Conditioning 3a-5s Beginning Modern &	6-7	2A* option	Ballet 2A/2B/3A*	& Stretch ages 7-10 Beginning Modern &		Int/Advanced Jazz & Character ClassMust be in Levels 3b, 4, 5 ballet or skill level	Jazz: Beginning - Intermediate Ages 9 13	Beg/Int Jazz & Character Class 9+ 1,2,3a/3b* or skill level/age				
6:00 6:15 6:30	Modern Core & Advanced Contemporary/Lyric al Repertroire	Musical Theater: Acting & Song/Dance Repertoire Ages 7-11	Adults interested in Serious Modern Classes for Int/Adv. Please contact Us.	Performing) Int- Pointe 3B/4/5 3A may take off of	/5 Contemporary/Lyric	Modern Core & Adv. Intermediate Contemporary/Lyric al Repertroire Various 3A/3B	, Dance Storytelling Ages 6-10 1A/1B/2A* C 6:30-8:00 Adult Ballet Beginner- Intermediate, Tailored to Class	Adv Int & Int Ballet 3a*,3b,4 & Pre-Pointe/Pointe	Advanced Intermediate Ballet 4*5	Ballet 2 Repertoire (Required 2a/2b CORE for Performing) Beg/Int Tap 7+	Dance Storytelling Ages 6-10 1A/1B/2A*	Reserved	OF SKII IEVEL						
6:45	Various			pointe						Beg/Int Tap 7+ 1A/1B/2A/2B/3A*	3A/3B/4/5		Reserved for Company Rehearsals & Special Events/Master Classes				-		
7:00 7:15		barre enPointe	,3b, Atma Khalsa	barre enPointe		Adult NIA,		Int- Pointe 3B/4 3A should take off of pointe	Advanced Pointe Level 5	barre enPointe	Beginning Ballet 1A Ages 7-8 for							7:00	
7:30	7-8:30 Advanced Ballet 4-5	Intermediate 3a*,3b,		Advanced Intermediate 3a*,3b,	Beginning Intermediate Ballet	Modern, Jazz				Adv Int & Int Ballet 3a*,3b,4 & Pre-	students taking one ballet class per week								
7:45 8:00	en Pointe	4 en pointe barre		4 en pointe barre	3A Pre-Pointe	Exercise Class All levels. Mrs. Pat				Pointe/Pointe	ounce class per week							8:00	
8:15 8:30														-					
0:50			Program C	olor Key						Reg	istration Inform	ation						lI	

## Young Dancers Program: Movement + Music for Ages 18 months - 6 yrs

Arrival, Storytime, and Lunch Bunches for Young Dancers Program Lavender: Classes for preschoolers ages 3 -4

Pink: Pre-Ballet Classes (A & B) for ages 5-7 & pre-tap add-on classes

## Core Program and Open/Rec Options for Primary Division Classes (Levels 1-2) and Upper School/Pre-Pro (Levels 3-6)

Sky Blue Ballet Level 1a, Beginner Level for ages 7-9, open placement

Sky Blue Ballet Level 1b, Intermediate Beginner, requires placement for ages 7-11 (2+ ballet/modern per week)

Cobalt Ballet Level 2, Advanced Beginner and Beginning Intermediate, requires placement, for ages 8+ (2+ ballet/1 modern per week)

Green Ballet Level 3, Intermediate Classes, requires placement for ages 10+ (3+ ballet/1 modern per week)

Turquoise Ballet Level 4, Advanced Intermediate Classes, requires placement for ages 12+ (4+ ballet/1 modern per week)

Advanced Ballet Level 5-6, Black/Fuschia/Any Color, requires placement for ages 14+ (5+ ballet/1+ modern classes per week)

Musical Theater Program

Musical Theater Jazz, Acting, Tap, Choreo Classes (placement by age)

Pre-Teen/Teen/Adult Ballet Classes Beginners - Int. and Conditioning/Fitness

Open Dance Classes for Ages Pre-Teen and Teens in Beginning Ballet, Fundamentals for Dance, and Details for Dance, Refining Technique

Conditioning Classes: Pilates & Kaleidoscope for Dancers & Other Student Athletes ages 10+ Faculty and Guest Instructors

Adult Classes, Dance Fitness, Ballet, NIA, and Yoga

## Register Online, by Phone, or in Person

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

\* Classes in the Core Ballet Program 1b-6 require placement and are enrolled by our staff because of

scheduling options and prerequisites. Please email, call, make an appointment, or come to our Open Houses in Aug/Sep! These classes accept new students year-round. Our OPEN/REC Classes in Level 2 and

Above also require placement based on skill, but may be taken as an enrichment/extra-curricular program.

\* Ages for classes serve as a guideline only. It is at the discretion of the director/instructor to place students.

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

\* Custom Classes? We are open to forming a class for you! Classes need a minimum of 5 students to form and teacher availability. We also offer dance workshops, class demonstrations, or a class series for Girl Scout Troops or Schools. Please contact Emily Hill if you are interested. 757.504.4450 or artsballet@gmail.com