ARTS BALLET ACADEMY & YOUTH COMPANY 2024-25 UPPER SCHOOL

8/18/24 11009 Warwick Boulevard, Newport News, VA 23601

	MONDAY					TUESDAY			
	STUDIO A		STUDIO B	STUDIO C		STUDIO A	STUDIO B	STUDIO C	
9:00	Studio as	ssignments are re	e-assessed based on er	nrollment.	9:00	Studio assignmer	nts are re-assessed ba	sed on enrollment.	9:00
9:15					9:15				9:15
9:30					9:30				9:30
9:45	CORE BALLET PROGRAMS: Minimum Requirements:				9:45	FAQ:			9:45
10:00					10:00				10:00
10:15	Level 3: Minimu	Level 3: Minimums per week include 3 ballet technique classes (one on				What are Streng	10:15		
10:45	Saturday + :	others M-F), Sa	turday Pointe/REP 12-1	1:15, and one	10:30		10:45		
11:00			l 3B/C must also take o		11:00		11:00		
11:15	week for pre-pointe/Pointe. Additional ballet, pointe, modern, core align & conditioning, may be taken at or below technique level at no additional cost to				11:15	We ROTATE at	11:15		
11:30			jazz, tap, acting, music		11:30	dance, and p	11:30		
11:45	be taken as electives. Friday 4:30-6:30 is highly recommended.				11:45	knowledge and students extra i	11:45		
12:00					12:00	and condition	12:00		
12:15					12:15	aerobic/ana	12:15		
12:30	Level 4-5-6: Minimums per week include 3-5 ballet technique classes (one on Saturday + 2 others M-F), Saturday Pointe/REP, 1-3 Pointe Classes during the week, 1+ hrs of Conditioning (1 on Saturday) and one Modern/Contemporary Class. Level 4-5-6 may take a level 1b-2-3 class or Adult Intermediate Ballet en pointe. Additional ballet, pointe, modern, core align & conditioning, may be taken at or below technique level at no additional cost to CORE pricing. Additional Classes in jazz/character/open and tap may also be taken as				12:30	specialized in	12:30		
12:45					12:45	Technique (12:45		
1:00					1:00	Feldenkrais Tec prevention, and	1:00		
1:15					1:15	wealth of kno	1:15		
1:30					1:30	continuing e	1:30		
1:45					1:45	-	1:45		
2:15		•	ry apply to be class ass		2:15				2:15
2:30					2:30				2:30
2:45					2:45				2:45
3:00					3:00	Dance with Me: 2: 45-3:30 SB ages			3:00
3:15					3:15	18mo-3 with adult			3:15
3:30	Reserved				3:30				3:30
3:45					3:45	:45-4:35 pm		3:45pm-4:45pm Pre-	3:45
4:00					4:00	ybook Ballet	3:45-4:45pm Pre-Ballet A Age	Ballet B Age	4:00
4:15					4:15	Ages 3-4 SB	5-6/K KS	6-7/1st Grade BC	4:15
4:30	4:30 Conditio	oning CC	4:30 Vaganova o BC	4:30 Vaganova o BC	4:30	30		БС	4:30
4:45	4,20145 (12			4:30/4:45-6:30	4:45	4:45-6:30 ginning Ballet Level 1b & Modern/Lyrica/Jazz A (Ages 7-9) SB			4:45
5:00	4:30/45-6:30pm Int - Adv Intermediate Ballet Technique Ballet 3bc (4-6* welcome!) CC		Adv Beginner 2B	2A Ballet Technique Class (after 1B or new 9/10+ must take 2x week) KS	5:00		5:00-6:00pm Pre-Ballet A Age 5-6/K KS		5:00 5:15
5:15 5:30					5:15 5:30			ADV PBT 5:30-6: 00pm BC 4-6	5:15
5:45					5:45				5:45
6:00	6:00-6:30pm	6:00-6:30	6-6:30 BEG tap for lev	6-6:30p Modern/	6:00		6:00-6:30pm		6:00
6:15	Beggining Pointe BC PrePointe BC CC	PrePointe	3s or any ages 11-18 EB	Contemporary B KS 2A/B required	6:15	6:00-7:30pm Beg.	Modern/Lyrical/Jazz A KS (required for 1B)	6:00-7:30pm	6:15
6:30		6:30-7:00pm Jazz/ MT dance CC		6:30-7:00pm Jazz/ MT	6:30	Advanced Ballet 4ab Technique		Advanced Ballet 5/6	6:30
6:45	Int/Adv 3bc-6 by placement		Begginning Tap lev 1/2 or any ages 7+ EB	dance BC BEG/INT Lev 2-3abc ages 9+	6:45	(Intermediate/Adv		(4b by invitation) Technique	6:45
7:00	7:00-8:30pm Beginning Intermediate Ballet		7:00/-8:00 pm Int/Adv Tap EB (by	7:00-8:30pm Adv Rehearsals & Advanced Student	7:00	Adults welome) SB 7:30-8:00pm Int/Adv		BC	7:00
7:15					7:15		7:15-8:30 ONLINE		7:15
7:30					7:30		ZOOM ONLY Kundalini Yoga Atma	7:.30-8:00pm Beg	7:30
7:45		evel 3A CC		Projects - Reserved	7:45	Pointe SB	Khalsa	Pointe BC	7:45
8:00	BC			ВС	8:00 8:15	8:00-8:30pm Repertoire & Variation 4-6 Tuesday Block SB			8:00
8:15						TUESDAY			8:15
8:30	MONDAY							8:30	
	BC: Brooke Cousins SB: Samantha Brittain CC: Ciara Camp				pbell	KB: Kellie Br	ummerstedt	LN: Lois Nichols	
	KS: Kimberly Strunk TM: Thomas McDonnell					AH: Ashley Hartsock	KL: Kristina Lorelli	AK: Atma Khalsa	
	For Instructor Bios/Photos please see our website "About" section at ArtsBallet.com EH: Emily Hill GT: Guest Teachers								

ARTS BALLET ACADEMY & YOUTH COMPANY 2024-25 UPPER SCHOOL

www.artsballet.com 757.504.4450 artsballet@gmail.com REGISTER ONLINE TODAY!

WEDNESDAY				THURSDAY				
STUDIO A	STUDIO B	STUDIO C	9:00	STUDIO A	STUDIO B	STUDIO C	9:00	
Studio assignments are re-assessed based on enrollment.				Studio assignments are re-assessed based on enrollment.				
6 -	. d. B.C. Edl		9:15	Save the Dates Spring 2025 Spring Break: April 5, 2025 - April 13, 2025 Little Mermaid Tech Week & Performance: May 2-10/11, 2025 Last Day of Classes: May 29, 2025				
Sa	ve the Dates Fall	2024	9:30 9:45					
			10:00					
First Day	of Classes: Tuesday, Septe	mber 3, 2024	10:15					
			10:30					
Port Warwick Ar	t Festival: October 13, 2024	1:30-3 pm call 12:30	10:45					
			11:00					
Thanks	sgiving Break: November 2	7-30 2024	11:15					
The M	Juteracker: December 6	-8 2024	11:30	CMUSTE	EM Days May 24, 2025 ho	atween 10-2	11:30	
The Nutcracker: December 6-8, 2024				CNU STEM Day: May 31, 2025 between 10-2				
Winter Rr	eak: December 21, 2024-Ja	nuary 5, 2025	12:00				12:00	
William Di			12:15			12:00-1:15 Kundalini Yoga	12:15	
30 minute: Lunch Bunch add-on, -may arrive, eat lunch at the studio w/ caregiver,						Atma Khalsa	12:30	
change	clothes, etc. without going	home first.	12:45				12:45	
	12:45/1 start time flexible 50 min class		1:15				1:00	
	Storybook Ballet		1:30				1:30	
	Pre-K 3 & Pre-K 4 ages 3- 5 KS		1:45				1:45	
	, 10		2:00				2:00	
			2:15				2:15	
			2:30				2:30	
			2:45				2:45	
			3:00				3:00	
			3:15				3:15	
			3:30				3:30	
			3:45	3:30-4:20 Storybook Ballet		Reserved BC	3:45	
			4:00	Ages 3-4 SB			4:00	
			4:15				4:15	
4:30 Conditioning BC	4:30 Conditioning BC	4:30 Conditioning CC	4:30				4:30	
4:30/4:45pm-6:30pm 2B Ballet Technique Class	4:30/4:45-6:30 2A Ballet Technique Class (Beginning PreTeen/Teens can take this class ages 9+ or by placement after	4:30/45-6:15 PM Int-	4:45 5:00	4:45-6:30		4:45-6:30pm Ballet 1A	4:45 5:00	
(Beginng Teens Take this class x2 a week) BC please		Adv Intermediate Ballet 3bc (extra class for 4-6) Technique	5:15	ginning Ballet Level 1b &	5:00-6:00pm Pre-	Ages 7-9 1/week	5:15	
arrive if you can at 4:30 or as			5:30	Performance	_	Once/Week option ONLY BC	5:30	
soon as possible after school dismissal	taking 1B 8+) KS	СС	5:45	(Ages 7-9) SB	4.5-6 KS	BC	5:45	
6:00-6:30pm Lev 2	Actors' Lab 6-7 PM KS/AH 1 HR	6:00-6:30pm 3BC Repertoire	6:00	6:00-6:30pm 1B	Performance 1A KS?	6-6:30 ADV Conditioning	6:00	
Repertoire BC	Sep 4 - March 26	CC CC	6:15	Performance SB	BC/SB?	& PBT	6:15	
6:30-7:00pm Adult	OR Acting Elective add-on 6:	6:30-7:00pm Adult Absolute	6:30				6:30	
Contemporary TM 7:00-8:30pm Adult OPEN Beginning	7:00-8:30pm Teen/Adult OPEN Intermediate t 15+ Adults	7:00-8:30pm Beg Intermediate Ballet Technique Level 3a (3bc-6 extra class) CC	6:45	6:30-8:00pm	6:30-7:30 pm Pre- Ballet B Age 6-	6:30-8:00pm Advanced Ballet 5/6	6:45	
			7:00	Beg. Advanced Ballet	Ballet B Age 6- 7/1st Grade BC		7:00	
			7:15	4 A/B En Pointe Class SB		chnique 5/6 (4b*) en Pointe Class TM	7:15	
			7:30	30		en rounte class IM	7:30	
et LN			7:45				7:45	
	TM		8:00 8:15	8:00-8:30pm Re	Thursday Block SB	8:00		
							8:15 8:30	
WEDNESDAY					THURSDAY		0:30	

Arts Ballet Academy reserves the right to modify, combine, split, and/or cancel a class at the descretion of the Directors. Should this occur, parents and students will be notified. Placement is at the sole discretion of the directors and lead teachers. Thank you.

ARTS BALLET ACADEMY & YOUTH COMPANY 2024-25 UPPER SCHOOL

Brooke Cousins & Samantha Brittain, Co-Directors Emily Hill, Founding Artistic Director

	FRIDAY				SATUF	RDAY _			
STUDIO A	STUDIO B	STUDIO C		STUDIO A	STUDIO B	STUDIO C			
FAQ:			9:00					9:00	
			9:15		9:00-11:00am			9:15	
Do I have to take th	ne CORF Program	or can I take fewer	9:30	9:00-11:00 Sr	Junior Company	9:30-11:00am		9:30	
Do I have to take the CORE Program or can I take fewer required classes? How do I choose?				Company Ballet	3A (and 2b	Int. Company Class Ballet	Level 2B	9:45	
			10:00	Technique Company Class	welcome!) KS	3bc/4	welcome to add Saturdays	10:00	
			10:15	(4-6) TM		Technique	add Saturdays	10:15	
			10:30		3A Repertoire/	BC		10:30	
			10:45		Rehearsal			10:45	
Our ballet students heither the CORE PRO	•	•	11:00	Break, Water, Pointe Shoes for those training en pointe					
which requires a mi		,	11:15	Break, We	Break, Water, Politice Silves for those training empointe				
		· ·	11:30	11:15-12:30pm	11:15-12:30pm	11:15-12:30pm Pre-	Lev 2+ and	11:30	
extra tuition discount, provides the best advancement in training, more involvement in performing, and allows				Int/Adv Pointe and Partnering,	Beginning Pointe/Repertoire	Pointe (Required	age 10+ or permission	11:45	
		ditioning, or modern	12:00		Required Core 3-5	for Lev 3 Core) 11: 15-12:30 BC	from Ms.	12:00	
		e once registered in a	12:15	4b-6 TM	KS	.,, 22	Brooke	12:15	
•	o offers tap/jazz/cha elp you decide! Plea:	rcter as electives at a	12:30	13:30 4:00 P=	oak/Lunch			12:30	
can talk you throug			12:45	12:30-1:00 Break/Lunch (dismissal 12:30 if not staying for rehearsals)					
, ,	als and your families		1:00	(distribusion 12.50 in flot staying for reflections)					
			1:15	Afternoon Rehearsals scheduled for needs of performances are posted on BAND for our parents/students					
-				FAQ on Saturdays:					
			1:45	TAQ OIT Saturdays.					
			2:00	Dancers in Ballet 3-6 CORE Programs & Performing MUST					
***Note: If you wish to	take Friday classes but o	an't arrive in time after	2:15						
school: but could if th	ne class moved by 15-30 r	minutes, please email	2:30						
	artsballet@gmail.com		2:45		_	a school session	•	2:30	
			3:00			9 am on some da	•	3:00	
Reserved for		Reserved for Advanced Rehearsals	3:15	conditioning,		3:15			
Advanced			3:30	classes and curriculum meet the needs of our program and students, and for best use and progression, are adaptable to our instruction and best training for our students.					
Rehearsals			3:45						
4:00-4:30pm Adv		4:00-4:30pm Int	4:00	our mstru	iction and best ti	alliling for our ste	idents.	3:45 4:00	
Modern Skills E		Modern Skills D	4:15	Ε.Δ	O an Dahaamaala	and Danfanning.		4:15	
SB/TM/CC		CC/SB		FA	Q on Rehearsals	and Performing:			
4:30-5:30pm Adv	Reserved C, D, E	4:30-5:30pm Modern C /Contemporary CC/TM/SB/Guest	4:30 4:45	-		4:30 4:45			
Contemporary D/E & Choreography Class			5:00	Rehearsals for	5:00				
SB/TM/GUEST			5:15	Saturdays after	·	5:15			
			5:30	Friday afternoon/evenings, in MTW Rehearsal Blocks by level, and depending on student/family availaility rarely but possible on					
5:30-6:30pm Adv	Reserved C, D, E	5:30-6:30pm Int Ensemble & Group Reeharsal SB/CC/TM/Guests	5:45	Sunday afternoons near a show. The weekend before a sh			e a show we	5:30 5:45	
Ensemble / Class Group Rehearsal			6:00		always have in-studio dress rehearsal. Our ballet 3-6 CORE stude				
CC/TM/SB/Guests			6:15		must perform in our full-company performance, and they have many options to perform at other times throughout the year.				
			6:30	Please talk to us	about performing	g opportunities, qu	estions, and	6:15 6:30	
			6:45	concerns. A conv	_	for communicatio	n. Thank you	6:45	
6:30-8:00pm Reserved for Intermediate / Advanced Rehearsals, Fall Port Warwick, December 7/8 Nutcracker, May 9-10/(reserve May 11 only maybe), Little Mermaid, and May 31 STEM Day					for your s	иррогт:		7:00	
								7:15	
								7:30	
			7:45 8:00	-				7:45 8:00	
			8:15					8:15	
	FRIDAY		8:30		SATUR			8:30	

Placement in progressive ballet and dance instruction is at the sole descretion of the faculty/directors and is based on skill and child development first, not age once the students are 7+. New Students who wish to have a placement class for any For placement into Level 2-6 or any Intermediate/Advanced Class, please use calendly.com/ArtsBallet to book an appointment or call/email. Thank you.