

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 assignments are re-assessed based on enrollment.

9:15

9:30

9:45 **CORE BALLET PROGRAMS: Minimum Requirements:**

10:00

10:15

10:30 **Level 3: Minimums per week include 3 ballet technique classes (one on Saturday + 2 others M-F), Saturday Pointe/REP 12-1:15, and one Modern/Contemporary Class. Level 3B/C must also take one class during the 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 CORE pricing. Additional Classes in jazz, tap, acting, musical theater may also be taken as electives. Friday 4:30-6:30 is highly recommended.**

10:45

11:00

11:15

11:30

11:45

12:00

12:15

12:30

12:45

1:00 **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 electives. Students may apply to be class assistants.**

1:15

1:30

1:45

2:00

2:15

2:30

2:45

3:00

3:15

3:30 Reserved

3:45

4:00

4:15

4:30 4:30 Conditioning CC 4:30 Vaganova o BC 4:30 Vaganova o BC

4:45

5:00 4:30/4:45-6:30pm Int - Adv Intermediate Ballet Technique Ballet 3bc (4-6* welcome!) CC

5:15 4:30/4:45-6:30pm Adv Beginner 2B Ballet Technique & Modern/Contemporary B BC

5:30 4:30/4:45-6:30pm 2A Ballet Technique Class (after 1B or new 9/10+ must take 2x week) KS

5:45

6:00 6:00-6:30pm Begging Pointe BC PrePointe BC CC 6:00-6:30 PrePointe

6:15 6:00-6:30pm BEG tap for lev 3s or any ages 11-18 EB 6-6:30pm Modern/Contemporary B KS 2A/B required

6:30 6:30-7:00pm Jazz/MT dance CC Int/Adv 3bc-6 by placement 6:30-7:00pm Begging Tap lev 1/2 or any ages 7+ EB 6:30-7:00pm Jazz/MT dance BC BEG/INT Lev 2-3abc ages 9+

6:45

7:00 7:00-8:30pm Intermediate Technique Level 3A CC Beginning Ballet

7:15 7:00-8:00pm Int/Adv Tap EB (by placement)

7:30 7:00-8:30pm Adv Rehearsals & Advanced Student Projects - Reserved BC

7:45

8:00

8:15

8:30

MONDAY

9:00 Studio assignments are re-assessed based on enrollment.

9:15

9:30

9:45 FAQ:

10:00

10:15 **What are Strength & Conditioning Classes and Why should I take them?**

10:30

10:45

11:00 **We ROTATE and draw upon many kenesiology, dance, and physical therapy disciplines. The knowledge and benefits are large, and we give our students extra in Alignment (think spine, posture) and conditioning, (think stronger muscles and aerobic/anaerobic training). These include specialized instruction in Progressing Ballet Technique (PBT), Yoga, Pilates, Barre, PT, Feldenkrais Technique, Theraband training, injury prevention, and more! All our instructors bring a wealth of knowledge, experience, training, and continuing education to our dance students.**

11:15

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12:00

12:15

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12:45

1:00

1:15

1:30

1:45

2:00

2:15

2:30

2:45

3:00 Dance with Me: 2: 45-3:30 SB ages 18mo-3 with adult

3:15

3:30

3:45

4:00 3:45-4:35 pm ybook Ballet Ages 3-4 SB

4:15 3:45-4:45pm Pre-Ballet A 5-6/K KS

4:30 3:45pm-4:45pm Pre-Ballet B 6-7/1st Grade BC

4:45

5:00 4:45-6:30 Beginning Ballet Level 1b & Modern/Lyrica/Jazz A (Ages 7-9) SB

5:15 5:00-6:00pm Pre-Ballet A 5-6/K KS

5:30 ADV PBT 5:30-6:00pm BC 4-6

5:45

6:00 6:00-7:30pm Beg. Advanced Ballet 4ab Technique (Intermediate/Adv Adults welcome) SB

6:15 6:00-6:30pm Modern/Lyrica/Jazz A KS (required for 1B)

6:30 6:00-7:30pm Advanced Ballet 5/6 (4b by invitation) Technique BC

6:45

7:00 7:15-8:30 ONLINE ZOOM ONLY Kundalini Yoga Atma Khalsa

7:15 7:30-8:00pm Beg Pointe BC

7:30 7:30-8:00pm Int/Adv Pointe SB

7:45

8:00 8:00-8:30pm Repertoire & Variation 4-6 Tuesday Block SB

8:15

8:30

TUESDAY

BC: Brooke Cousins

SB: Samantha Brittain

CC: Ciara Campbell

KB: Kellie Brummerstedt

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

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

FRIDAY			SATURDAY					
STUDIO A	STUDIO B	STUDIO C	STUDIO A	STUDIO B	STUDIO C			
FAQ:			9:00			9:00		
<p>Do I have to take the CORE Program or can I take fewer required classes? How do I choose?</p> <p>Our ballet students have the option of taking ballet classes in either the CORE PROGRAM or OPEN PROGRAM. THE CORE , which requires a minimum number of classes/week with an extra tuition discount, provides the best advancement in training, more involvement in performing, and allows students to take extra ballet, pointe, conditioning, or modern classes at or below their skill level for free once registered in a CORE Program. It also offers tap/jazz/charcter as electives at a discount. We can help you decide! Please contact us so we can talk you through the options and find what best meets your student's goals and your families goals. Thank you!</p>			9:15			9:15		
			9:30	9:00-11:00 Sr Company Ballet Technique Company Class (4-6) TM	9:00-11:00am Junior Company 3A (and 2b welcome!) KS	9:30-11:00am Int. Company Class Ballet 3bc/4 Technique BC	Level 2B welcome to add Saturdays	9:30
			9:45					9:45
			10:00					10:00
			10:15					10:15
			10:30			3A Repertoire/ Rehearsal		10:30
			10:45					10:45
			Break, Water, Pointe Shoes for those training en pointe					
			11:00			11:00		
			11:15			11:15		
			11:30	11:15-12:30pm Int/Adv Pointe and Partnering, Required CORE 4b-6 TM	11:15-12:30pm Beginning Pointe/Repertoire Required Core 3-5 KS	11:15-12:30pm Pre-Pointe (Required for Lev 3 Core) 11:15-12:30 BC	Lev 2+ and age 10+ or permission from Ms. Brooke	11:30
			11:45				11:45	
			12:00				12:00	
			12:15				12:15	
			12:30	12:30-1:00 Break/Lunch			12:30	
			12:45	(dismissal 12:30 if not staying for rehearsals)			12:45	
			1:00	Afternoon Rehearsals scheduled for needs of performances are posted on BAND for our parents/students			1:00	
			1:15				1:15	
			1:30	FAQ on Saturdays:			1:30	
			1:45				1:45	
			2:00				2:00	
			2:15				2:15	
			2:30	<p>Dancers in Ballet 3-6 CORE Programs & Performing MUST attend Saturday from 9-12:30 as a school session, where we might start ballet class at 9 am on some days, or conditioning, etc, so they may not drop in at 9:30/10. The 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.</p>			2:30	
			2:45				2:45	
			3:00				3:00	
			3:15				3:15	
			3:30				3:30	
			3:45	3:45				
			4:00				4:00	
			4:15	FAQ on Rehearsals and Performing:			4:15	
			4:30	<p>Rehearsals for our performances will be held for ballet 2-6 on Saturdays after Pointe/REP classes, within pointe/REP classes, on Friday afternoon/evenings, in MTW Rehearsal Blocks by level, and depending on student/family availability rarely but possible on Sunday afternoons near a show. The weekend before a show we always have in-studio dress rehearsal. Our ballet 3-6 CORE students must perform in our full-company performance, and they have many options to perform at other times throughout the year. Please talk to us about performing opportunities, questions, and concerns. A conversation is golden for communication. Thank you for your support!</p>			4:30	
			4:45				4:45	
			5:00				5:00	
			5:15				5:15	
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			8:30	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.