

ARTS BALLET ACADEMY 2024-25 Schedule for LOWER SCHOOL ages 7+

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.				9:00 Studio assignments are re-assessed based on enrollment.				9:00							
9:15				9:15				9:15							
9:30				9:30				9:30							
LOWER SCHOOL Level 1B-2AB CORE BALLET PROGRAM				9:45 FAQ:				9:45							
<p>Level 1B: 2/days per week on Tu/Th from 4:45-6:30pm. This level takes 2 Ballet technique classes per week, 1 Modern/Contemporary/Lyrical class, and 1 Performance/Repertoire class. Every dancer age 7-9 is encouraged and welcome to start in 1B. Students should only take 1A as a 1/day a week option when they cannot take 1B for scheduling reasons. Dancers have 2 or more roles in ballets at this level. Additional classes in jazz, tap, musical theater, etc. are also offered.</p> <p>Level 2abc includes 2+ ballet technique classes (M/W), one Modern/Contemporary Class. 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 for add-on pricing. Students 9-13 beginners may start in 2A, twice a week as a good way to jump into ballet/dance training. Students who complete 1B move to 2a/b/c and spend 2-4 years in each level 2/3/4/5 progressing technique skills. Dancers in Level 2abc have 2-many roles in our ballets based on their attendance, classes, skills, and the ballet we are staging.</p>				<p>What are Strength & Conditioning Classes and Why should I take them?</p> <p>We ROTATE and draw upon many kinesiology, 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.</p>				10:00							
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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: Guests

Saturdays at Arts Ballet, Advanced Beginners in 2B/c-6 may join Junior Ballet Company Class/3a repertoire (as 3rd day) and Pre-Pointe

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

FRIDAY			SATURDAY																																																		
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Do I have to take the CORE Program or can I take fewer required classes? How do I choose?			9:15					9:15																																													
<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> <p>***Note: If you wish to take Friday classes but can't arrive in time after school: but could if the class moved by 15-30 minutes, please email artsballet@gmail.com</p>			9:30	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%; padding: 5px;">9:00-11:00 Sr Company Ballet Technique Company Class (4-6) TM</td> <td style="width: 25%; padding: 5px;">9:00-11:00am Junior Company 3A (and 2b welcome!) KS</td> <td style="width: 25%; padding: 5px;">9:30-11:00am Int. Company Class Ballet 3bc/4 Technique BC</td> <td style="width: 25%; padding: 5px; background-color: #e6f2ff;">Level 2B welcome to add Saturdays</td> </tr> <tr> <td colspan="4" style="text-align: center; padding: 5px;">Break, Water, Pointe Shoes for those training en pointe</td> </tr> <tr> <td style="padding: 5px;">11:15-12:30pm Int/Adv Pointe and Partnering, Required CORE 4b-6 TM</td> <td style="padding: 5px;">11:15-12:30pm Beginning Pointe/Repertoire Required Core 3-5 KS</td> <td style="padding: 5px;">11:15-12:30pm Pre-Pointe (Required for Lev 3 Core) 11:15-12:30 BC</td> <td style="padding: 5px; background-color: #e6f2ff;">Lev 2+ and age 10+ or permission from Ms. Brooke</td> </tr> <tr> <td colspan="4" style="text-align: center; padding: 5px;">12:30-1:00 Break/Lunch (dismissal 12:30 if not staying for rehearsals)</td> </tr> <tr> <td colspan="4" style="text-align: center; padding: 5px;">Afternoon Rehearsals scheduled for needs of performances are posted on BAND for our parents/students</td> </tr> <tr style="background-color: #ffffcc;"> <td colspan="4" style="text-align: center; padding: 5px;">FAQ on Saturdays:</td> </tr> <tr style="background-color: #e6f2ff;"> <td colspan="4" style="padding: 5px;"> <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> </td> </tr> <tr style="background-color: #ffffcc;"> <td colspan="4" style="text-align: center; padding: 5px;">FAQ on Rehearsals and Performing:</td> </tr> <tr style="background-color: #e6f2ff;"> <td colspan="4" style="padding: 5px;"> <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 Rehearsal Blocks by level, and depending on student/family availaility 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> </td> </tr> </table>				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. 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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.