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

18/24			11009 Wa	arwick Boulevard, Ne	wport Nev	ws, VA 23601				
	MONDAY						TUESDAY			
	STUDIO A		STUDIO B	STUDIO C		STUDIO A	STUDIO B	STUDIO C		
9:00	Stud	io assignments are re-	assessed based on enroll	lment.	9:00	Studio assignme	ents are re-assessed based	d on enrollment.	9:	
9:15					9:15				9	
9:30					9:30				9:	
9:45	LOWER SCHOOL Level 1B-2AB CORE BALLET PROGRAM					FAQ:			9:	
10:00									10	
10:15	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 encouranced 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.					What are Stren	gth & Conditioning C	lasses and Why	10	
10:30							should I take them?	ŕ	10	
10:45									10	
11:00						We ROTATE and draw upon many kenesiology,				
11:15						dance, and physical therapy disciplines. The knowledge and benefits are large, and we give our				
11:30										
11:45						students extra in Alignment (think spine, posture) and conditioning, (think stronger muscles and				
2:00										
12:15					12:15	aerobic/anaerobic training). These include specialized instruction in Progressing Ballet			12	
12:30					12:30				12	
2:45		Level 2abc includes 2+ ballet technique classes (M/W), one Modern/Contemporary Class. Additional ballet, pointe, modern, core align &				Technique (PBT), Yoga, Pilates, Barre, PT,			12	
1:00			nal ballet, pointe, mo v technique level at n		1:00	Feldenkrais Technique, Theraband trainng, injury			1	
1:15			zz/character/open an		1:15	prevention, and more! All our instructors bring a wealth of knowledge, experience, trainng, and				
1:30	taken as electives	for add-on pricing.	Students 9-13 beginne	ers may start in 2A,	1:30					
1:45	twice a week as a good way to jump into ballet/dance training. Students who					continuing education to our dance students.				
ad			spend 2-4 years in each		2:00				2	
2:15	progressing teachnique skills. Dancers in Level 2abc have 2-many roles in our ballets based on their attendance, classes, skills, and the ballet we are staging.								2	
2:30	bunces bused on e	iren accendance, cia.	ses, skiiis, and the ba	net we are staging.	2:30				2	
2:45					2:45	Dance with Me: 2:			2	
3:00					3:00	45-3:30 SB ages			3	
3:15	1				3:15	18mo-3 with adult			3	
3:30	Reserved				3:30				3	
3:45]				3:45			3:45pm-4:45pm Pre-	3	
4:00					4:00	3:45-4:35 pm	3:45-4:45pm	Ballet B Age	4	
4:15					4:15	lorybook Ballet Ages 3-4 SB	Pre-Ballet A Age 5-6/K KS	5-7/1st Grade	4	
4:30	4:30 Cond	litioning CC	4:30 Vaganova o BC	4:30 Vaganova o BC	4:30		G- y - 1	BC	4	
4:45				4:30/4:45-6:30 2A Ballet Technique Class & Modern/	4:45	4:45-6:30 eginning Ballet Level 1b (SB) &	5:00-6:00pm Pre- // Ballet A Age 5-		4	
5:00	4:30/45-6:3		4:30/45pm-6:30pm		5:00				5	
5:15	v Intermediate Balle I 3bc (4-6* we		Adv Beginner 2B		5:15				5	
5:30	l 3bc (4-6* welcome!) CC		Ballet Technique & Modern/	Contemporary B	5:30	Modern/Contemporary/ Lyrical A (KS)	Ballet A Age 5- 6/K KS	ADV PBT/Cond. 5:30-	5	
5:45			Contemporary B BC	(after 1B or new 9/10+ must take 2x week)	5:45	(Ages 7-9) 2		6:oopm BC	5	
6:00	6:00-6:30pm Beggining Pointe BC	6:00-6:30 PrePointe	(KS)	KS (BC)	6:00	days/week Tu/Th			6	
6:15	PrePointe BC CC	0.00-0.30 FIEFOIIITE			6:15	Required	6:00-7:30pm Beg. Advanced Ballet 4	6:00-7:30pm	6	
6:30	6:30-7:00pm Jazz/ MT	dance CC Int/Adv	6:30-7:00pm Begginning Tap lev 1/2 or any ages 7+	6:30-7:00pm Jazz/ MT dance BC BEG/INT	6:30	6:00-7:30pm Beg.	Advanced Ballet 4 A/B Technique SB	Advanced Ballet 5/6	6	
6:45	3bc-6 by	placement	EB	Lev 2-3abc ages 9+	6:45	Advanced Ballet		o*) Technique	6	
7:00					7:00	4 A/B Technique		ВС	7	
7:15			7:00/-8:00 pm Int/Adv	7:00-8:30pm Adv	7:15	SB	7:15-8:30 ONLINE ZOOM		7	
7:30	7:00-8:30pm	Beginning Ballet Technique	Tap EB (by placement)	Rehearsals &	7:30	7:30-8:00 Int/Adv	ONLY Kundalini Yoga Atma Khalsa	7:.30-8:00 Beg	7:	
7:45	rmediate Ballet Technique Level 3A CC			Advanced Student Projects - Reserved BC	7:45	Pointe SB		Pointe BC	7:	
8:00					8:00	8:00-8:30pm Repertoire & Variation Tuesday Block SB/BC Lev 4-			8	
8:15					8:15	o:00-o:30pm keper	tone & variation ruesday	DIUCK SD/DC LEV 4-6	8	
8:30		MONDAY					TUESDAY		8:	
	BC: Broo	BC: Brooke Cousins SB: Samantha Brittain CC: Ciara Cam					Brummerstedt	LN: Lois Nichols		
	KS: Kimb	erly Strunk	TM: Thomas	McDonnell		AH: Ashley Hartsock	KL: Kristina Lorelli	AK: Atma Khalsa		

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

	V	vww.artsballet.com	757.504.4450	artsballet@gmail.c	om REGIS	TER ONLINE TODAY	!		
	W	EDNESDA					THURSDAY	,	
STUDIO A	STUDIO B			STUDIO C		STUDIO A	STUDIO B	STUDIO C	
	Studio assignments	are re-assessed based	on enrollment.		9:00	Studio assignmer	nts are re-assessed base	d on enrollment.	9:00
				9:15	Save the Dates Spring 2025			9:15	
	Save t	he Dates Fall 2	024	9:30	Save t	9:30			
				9:45			9:45		
	First Day of Class	ses: Tuesday, Septer	nber 3, 2024	10:00	Spring Break: April 5, 2025 - April 13, 2025			10:00	
				10:30			10:30		
Port Wa	rwick Art Festival: O	ctober 13, 2024 1:30-	3 pm call 12:30 (o	10:45	Little Mermaid Tec	10:45			
				11:00		11:00			
	Thanksgiving	Break: November 2	7-30 2024	11:15	Last D	11:15			
	The Nuter	acker: December 6-8	3 2024	11:30	CNU STEA	11:30			
	The Nutter	acker. December o-c	,, 2024		11:45	CNOSIEM	11:45		
	Winter Break: De	ecember 21, 2024-Ja	nuary 5, 2025		12:00				12:00
		, ,			12:15			12:00-1:15 Kundalini	12:15
	ch add-on, -may arrive,				12:30			Yoga Atma Khalsa	12:30
w caregiver, change c	lothes, etc. without going	y nome mst.			1:00				1:00
	xible 50 min class				1:15				1:15
	torybook Ballet Pre-K 3 & Pre-K 4				1:30				1:30
	ages 3-5 KS				1:45				1:45
					2:00				2:00
					2:15				2:15
					2:30				2:30
					2:45				2:45 3:00
					3:00				3:15
					3:30				3:30
					3:45	3:30-4:20			3:45
					4:00	torybook Ballet Ages 3-4 SB		Reserved BC	4:00
					4:15	, ngc3 y 4 35			4:15
4:30 Conditioning	4:30 Conditioning	4:30 Cond.BC/KS		4:30 CC conditioning	4:30				4:30
	1120/4145 6/22	420/44-7		1:30/45-6:30pm	4:45	4:45-6:30			4:45
	;:30/4:45-6:30 2A Ballet Technique	4:30/4:45pm-6: 30pm Ages 9-13		Adv Intermediate Technique	5:00	inning Ballet	5:00-6:00pm Pre-	4:45-6:30pm Ballet 1A Ages 7-9	5:00
Adv Beginner 2B	Class (after 1B or	Beginner Ballet		Ballet 3bc (extra	5:15	.evel 1b & rformance	Ballet AA* Age	1/week Once/Week	5:15
Ballet Technique & Performance/	new 9-13 must take 2x week) &	(1x/week Wednesday		s for 4-6) CC	5:30 5:45	(Ages 7-9) SB	4.5-6 KS	option ONLY BC	5:30 5:45
Rehearsal BC	Performance /	ballet/performance	Actors' Lab 6-7 PM		6:00	6:00-6:30pm 1B	Performance 1A KS?	6-6:30 ADV	6:00
	Rehearsal KS	class option)	AH 1 HR skills and script 3-8th	6:00-6:30pm 3BC Repertoire CC	6:15	Performance SB	BC/SB?	Conditioning & PBT	6:15
Acting Repertoire 6:30-7	Acting Repertoire 6:30-7	Acting Repertoire 6:30-7	graders 9/4/24 -	6:30-7:00pm Adult	6:30				6:30
for those in level 2-3 ballet & 3rd-8th grade	for those in level 2-3 ballet & 3rd-8th grade	for those in level 2-3 ballet & 3rd-8th grade	3/26/25 performs in March!	Absolute Beginner Basics in Ballet KS/LN	6:45	6:30-8:00pm	6:30-7:30 pm Pre- Ballet B Age 6-	6:30-8:00pm Advanced Ballet	6:45
					7:00	Beg. Advanced	7/1st Grade BC	5/6 Technique	7:00
:00-8:30pm	7:00-8:30pm			7:00-8:30pm Intermediate	7:15	Ballet 4 A/B En Pointe Class SB		5/6 (4b*) en Pointe Class	7:15
lult OPEN nning Ballet	Adult OPEN Intermediate			llet Technique	7:30 7:45			TM	7:30 7:45
LN	Ballet TM			Level 3a (3bc extra class) CC	8:00				8:00
				ciass) CC	8:15	8:00-8:30pm Re	pertoire & Variation Th	ursday Block SB	8:15
WEDNESDAY							TULIDEDAY		8:30
WEDNESDAY							THURSDAY		

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.

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

Bro									
FRIDAY				SATURDAY					
STUDIO A	STUDIO B	STUDIO C		STUDIO A	STUDIO B	STUDIO C		i	
FAQ:			9:00					9:00	
			9:15		9:00-11:00am			9:15	
Do I have to take the	CORE Progra	am or can I take	9:30	9:00-11:00 Sr	Junior Company	9:30-11:00am Int. Company		9:30	
	fewer required classes? How do I choose?				3A (and 2b welcome!)	Class Ballet	Level 2B	9:45	
			10:00	Technique Company Class	KS 3A Repertoire/	3bc/4 Technique BC	welcome to add Saturdays	10:00	
	10:15	(1.5)	10:15						
Our ballet students had classes in either the	10:30		10:30						
			10:45		Rehearsal			10:45	
	PROGRAM. THE CORE, which requires a minimum number of classes/week with an extra tuition				ater, Pointe Shoes f	or those training en	pointe	11:00	
discount, provides			11:15	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	11:15	
training, more involv			11:30					11:30	
allows students to	take extra b	allet, pointe,	11:45					11:45	
conditioning, or mode			12:00					12:00	
skill level for free o	_		12:15					12:15	
Program. It also of electives at a discour			12:30	12:30-1:00 Br				12:30	
Please contact us so		1 /	12:45	(dismi	ssal 12:30 if not s	taying for rehears	sals)	12:45	
options and find wha	,		1:00	Afternoon Rehearsals scheduled for needs of performances are posted on					
goals and your fa			1:15	BAND for our parents/students					
			1:30	FAQ on Saturdays:					
			1:45						
***Note: If you wish to take			2:00	Dancers in Ballet 3-6 CORE Programs & Performing MUST					
after school: but could if the email arts	class moved by ballet@gmail.co		2:15	attend Saturday from 9-12:30 as a school session, where we					
	2:30	might start ballet class at 9 am on some days, or conditioning,							
		Reserved for Advanced Rehearsals	3:00	etc, so they may not drop in at 9:30/10. The classes and curriculum meet the needs of our program and students, and					
			3:15	for best use and	3:00 3:15				
Reserved for Advanced Rehearsals			3:30	ar	3:30				
			3:45					3:45	
4:00-4:30pm Adv Modern		4:00-4:30pm Int	4:00					4:00	
Skills E SB/TM/CC		Modern Skills D CC/SB	4:15	F.A	AO on Rehearsals	and Performing:		4:15	
			4:30	.,	iq on nenearsars	and remaining.		4:30	
4:30-5:30pm Adv Contemporary D/E &	Reserved C, D, E	4:30-5:30pm Modern C /Contemporary CC/TM/SB/Guest	4:45	Rehearsals for our performances will be held for ballet 2-6 on					
Choreography Class			5:00	Saturdays after Pointe/REP classes, within pointe/REP classes, on				5:00	
SB/TM/GUEST			5:15	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					
	Reserved C, D, E	5:30-6:30pm Int Ensemble & Group Reeharsal SB/CC/TM/Guests	5:30						
5:30-6:30pm Adv Ensemble /			5:45	always have in-studio dress rehearsal. Our ballet 3-6 CORE students must perform in our full-company performance, and they have				5:45	
Class Group Rehearsal CC/TM/SB/Guests			6:00			er times throughou		6:00	
			6:15	Please talk to us about performing opportunities, questions, and				6:15	
			6:30	concerns. A conversation is golden for communication. Thank you for your support!				6:30	
	6:45		,			6:45			
6:30-8:00pm Reserved	7:00					7:00			
Rehearsals, Fall Po Nutcracker, May 9-10/			7:15					7:15	
Little Mermaid			7:30 7:45					7:30	
								7:45	
			8:00					8:00	
			8:15					8:15	
FF	RIDAY		8:30		SATUR	DAY		8:30	
								L	

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.