

ARTS Ballet Contemp. Core Schedule LEVELS 4+

Subject to change under director's discretion.

Tuition

\$300.00 per month plus \$50.00 registration fee.

This is the unlimited classes level of tuition.

Contemporary Core

Level 4-6 Contemporary Core is for students who have reached a technical ballet level of 4a or above and wish to focus less on ballet/pointe work and branch into greater amounts of contemporary/modern/theater dance with a strong ballet technique foundation. This Contemporary Core may be taken alone or combined with any Ballet Core Program Levels 4-6.

(If choosing not to focus on pointework, please consult with Mrs. Hill for dance counseling and program options.) Students who have reached Ballet Levels 4-6 may also choose to fulfill the requirements for both the Ballet/Pointe and Contemporary/Modern Concentrations. Students taking Contemporary/Modern Program must take 2 Ballet classes at their level each week (Saturday being one of them), 1 Modern/Contemp., Tuesdays Teen Improv/Choreo Lab and Teen Modern Movement Studies, and Friday's Conditioning and Dance Electives Classes. Other ballet or pointe classes at or below ballet level is optional, encouraged, and free of charge.

Please note, based on Modern Class Placement, students will take either Monday, Tuesday, Friday, Saturday -OR- Tuesday, Thursday, Friday, Saturday -OR- a combination.

Required:

Monday -OR- Thursday -OR- Both

5:30-7:00 - Monday Modern/Contemporary E (by placement)

7:00-8:30 - Monday Adv Int Ballet 4A or Beg Adv 4B

5:00-6:30 - Thursday Modern/Contemporary D (by placement)

6:30-8:00 - Thursday Advanced Int Ballet 4A or Beg Adv 4B

Tuesday

5:00-6:00 - Teen Improv and Choreography Lab 4-6

6:00-7:00 - Teen Modern Movement Studies 4-6

Friday

4:00-5:00 - Conditioning & Flexibility

5:00-6:00 - Int or Adv Dance Electives (Rotating Instructors and Dance Styles including Jazz, Graham-based Modern, Lyrical, Limon, Hip-Hop, Character, World Dance, and more.)

Saturday

9:00-11:30 - Ballet Technique 3b/3c/4a or 4b/5/6

12:00-1:15 - Pre-Pointe/Pointe & Repertoire (Optional for Contemp. Core en Pointe or may be taken off-pointe)

Dress Code:

Ladies: Black classical leotards, white hip alignment belt, tights and shoes appropriate for each class. Leotard of choice on Fridays. Rehearsals, black ballet skirt.

Men: Black tights and dance belt, black shoes or white shoes with white socks, black leotard or black or white fitted t-shirt.

ARTS Ballet Teen/Adult FLEX AGES 14+

Subject to change under director's discretion.

Tuition

Students under 18 enroll in classes based on the hourly tuition scale and pay a registration fee.

Adult Drop-in Classes are \$20 for 1.5 hrs and \$18 for 1 hr

College/Adult Punch Cards are \$180 for 10 Classes up to 1.5 hrs each. Adult students may enroll in a class based on the hourly tuition scale. Admin. fee applies.

Teen (Int/Adv) FLEX Adult Beg - Adv FLEX

Monday

9:30-11:00 a.m. - Beginning/Intermediate NIA (P. Jones)

3:45-5:30 - Advanced Ballet and Pointe Technique 5/6

5:30-7:00 - Modern/Contemporary E & Advanced Horton

7:00-8:30 - Advanced Intermediate Ballet /Pointe Technique 4A

7:00-8:30 - Beginning Advanced Ballet/Pointe Technique 4B

Tuesday

6:00-7:00 - Teen Int Modern Movement Studies

7:00-8:30 - Adult Intermediate Ballet (Pat Jones)

7:00-8:30 - Kundalini Yoga (Atma Khalsa)

Wednesday

7:15-8:00 - Beginning Adult Ballet (Lois Nichols)

Thursday

9:30-11:00 a.m. - Beginning/Intermediate NIA (P. Jones)

12:00-1:15 Kundalini Yoga (A. Khalsa)

5:00-6:30 - Modern/Contemporary D (Int Teen/Adult/ P. Jones)

6:30-8:00 - Intermediate Ballet (Level 4a Teen/Adult/ P. Jones)

8:00-8:30 - Optional Beg or Int Pointe, Adults please get approval from Mrs. Pat before taking en pointe

Friday

9:30 a.m. or 2:30 - Adult Essentrics 1 hr class, please let us know if you are interested. Need 5 to form a class.

3:00 - 3:30 - Core/Progressing Ballet Technique (PBT)

3:30 - 5:00 - Advanced Ballet 4B/5/6

5:00-6:00 - Int or Adv Dance Electives (Rotating Electives)

Saturday (Adults/Teen FLEX please speak to Director)

9:00-1:15 - Int or Adv Ballet Technique, Conditioning & Alignment, Flexibility, Advanced Pointe/Variations, Pointe PT

Dress Code:

Ladies: Black or dark-colored classical leotards, tights and shoes appropriate for ballet class. Modern class is dance type attire with black leggings or yoga pants. Adults please ask instructors. Appropriate shoes or bare feet based on dance style. Ballet skirts or shirts for adults optional based on class taken.

Men: Black tights and dance belt, black shoes or white shoes with white socks, leotard or black or white fitted t-shirt.