

ARTS BALLET ACADEMY & YOUTH COMPANY 2024-25 Schedule

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.			
9:15					9:15				
9:30	UPPER SCHOOL LEVELS 3-6 CORE BALLET PROGRAM				9:30				
9:45					9:45	FAQ:			
10:00	<p>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.</p>				10:00	<p>What are Strength & Conditioning Classes and Why should I take them?</p> <p>We ROTATE and draw upon many kenesisology, 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>			
10:15									
10:30									
10:45									
11:00									
11:15									
11:30									
11:45									
12:00									
12:15									
12:30	<p>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.</p>				12:00				
12:15									
12:30									
12:45									
1:00									
1:15									
1:30									
1:45									
2:00									
2:15									
2:30					2:00				
2:45					2:15				
3:00					2:30				
3:15					2:45				
3:30	Reserved				3:00	Dance with Me: 2:45-3:30 SB ages 18mo-3 with adult			
3:45					3:15				
4:00					3:30				
4:15					3:45				
4:30	4:30 Conditioning CC		4:30 Vaganova o BC	4:30 Vaganova o BC	4:00	3:45-4:35 pm Storybook Ballet Ages 3-4 SB		3:45-4:45pm Pre-Ballet A Age 5-6/K KS	3:45pm-4:45pm Pre-Ballet B Age 6-7/1st Grade BC
4:45					4:15				
5:00	4:30/45-6:30pm Adv Intermediate Ballet Technique 3bc (4-6* welcome!) CC		4:30/45pm-6:30pm Adv Beginner 2B Ballet Technique & Modern/Contemporary B BC	4:30/4:45-6:30 2A Ballet Technique Class (after 1B or new 9/10+ must take 2x week) KS	4:30				
5:15					4:45	4:45-6:30 Beginning Ballet Level 1b (Ages 7-9) SB		5:00-6:00pm Pre-Ballet A Age 5-6/K KS	
5:30					5:00				
5:45					5:15				
6:00	6:00-6:30pm Beginning Pointe BC PrePointe BC CC	6:00-6:30 PrePointe	6-6:30 BEG tap for lev 3s or any ages 11-18 EB	6-6:30pm Modern/Contemporary B KS 2A/B required	5:30				
6:15					5:45				
6:30	6:30-7:00pm Jazz/ MT dance CC Int/Adv 3bc-6 by placement		6:30-7:00pm Beginning Tap lev 1/2 or any ages 7+ EB	6:30-7:00pm Jazz/ MT dance BC BEG/INT Lev 2-3abc ages 9+	5:45				
6:45					6:00	6:00-7:30pm Beg. Advanced Ballet 4 A/B Technique SB		6-6:30pm Modern/Lyrical/Jazz 1B, required KS	6:00-7:30pm Advanced Ballet 5/6 b*) Technique BC
7:00	7:00-8:30pm Beginning Intermediate Ballet Technique Level 3A CC		7:00/-8:00 pm Int/Adv Tap EB (by placement)	7:00-8:30pm Adv Rehearsals & Advanced Student Projects - Reserved BC	7:00				
7:15									
7:30									
7:45									
8:00					7:00	7:30-8:00 Int/Adv Pointe SB		7:15-8:30 ONLINE ZOOM ONLY Kundalini Yoga Atma Khalsa	7:30-8:00 Beg Pointe BC
8:15					7:15				
8:30					7:30				
	MONDAY				7:45				
					8:00				
					8:15				
					8:30				
						8:00-8:30pm Repertoire & Variation Tuesday Block SB/BC Lev 4-6			
						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: Guests

ARTS BALLET ACADEMY & YOUTH COMPANY 2024-25 Schedule

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

	WEDNESDAY					THURSDAY		
	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.		
9:15	Save the Dates: Fall 2024				9:15	Save the Dates: Spring 2025		
9:30								
9:45								
10:00								
10:00	First Day of Classes: Tuesday, September 3, 2024				10:00	Spring Break: April 5, 2025 - April 13, 2025		
10:15	Port Warwick Art Festival: October 13, 2024 1:30-3 pm call 12:30				10:15	The Little Mermaid Ballet: Tech Week & Performance: May 2-10/11, 2025		
10:30								
10:45								
11:00								
11:00	Thanksgiving Break: November 27-30 2024				11:00	Last Day of Classes: May 29, 2025		
11:15	The Nutcracker: December 6-8, 2024				11:15	CNU STEM Day: May 31, 2025 between 10-2		
11:30								
11:45								
12:00								
12:00	Winter Break: December 21, 2024-January 5, 2025				12:00			12:00-1:15 Kundalini Yoga Atma Khalsa
12:15								
12:30	30 minute: Lunch Bunch add-on, -may arrive, eat lunch at the studio w/ caregiver, change clothes, etc. without going home first.							
12:45								
1:00		12:45/1 start time flexible 50 min class		1:00				
1:15		Storybook Ballet		1:15				
1:30		Pre-K 3 & Pre-K 4 ages 3-5 KS		1:30				
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				3:15				
3:30				3:30				
3:45				3:45				
4:00				4:00	3:30-4:20 Storybook Ballet Ages 3-4 SB		Reserved BC	
4:15				4:15				
4:30	4:30 Conditioning BC	4:30 Conditioning	4:30 Cond.BC/KS	4:30 CC conditioning	4:30			
4:45					4:45			
5:00	4:30/45pm-6:30pm Adv Beginner 2B Ballet Technique & Performance BC	4:30/4:45-6:30 2A Ballet Technique Class (after 1B or new 9/10+ must take 2x week) KS	4:30/4:45pm-6:30pm Pre-Teen Teen Beginner Ballet (1x/week Wednesday ballet/performance class. 2x/week M/W take 2A)	4:30/45-6:30pm Adv Intermediate Technique Ballet 3bc (extra for 4-6) CC	5:00	4:45-6:30 Beginning Ballet Level 1b & Performance (Ages 7-9) SB	5:00-6:00pm Pre-Ballet AA* Age 4.5-6 KS	4:45-6:30pm Ballet 1A Ages 7-9 1/week Once/Week option ONLY BC
5:15					5:15			
5:30					5:30			
5:45					5:45			
6:00	6:00-6:30pm Lev 2 Repertoire BC	Actors' Lab 6-7 PM AH 1 HR grades 3-8th Sep 4 - March 26 performs in March	6:30-7:00pm Adult Absolute Beginner Basics in Ballet KS/LN	6:00-6:30pm 3BC Repertoire CC	6:00	6:00-6:30pm 1B Performance SB	Performance 1A KS? BC/SB?	6-6:30 ADV Conditioning & PBT
6:15					6:15			
6:30	6:30-7:00pm Adult Contemporary TM			Acting Repertoire 6:30-7 for those in level 2-3 ballet & 3rd-8th grade	6:30	6:30-8:00pm Beg. Advanced Ballet A/B En Pointe Class SB	6:30-7:30 pm Pre-Ballet B Age 6-7/1st Grade BC	6:30-8:00pm Advanced Ballet 5/6 technique 5/6 (4b*) En Pointe Class TM
6:45					6:45			
7:00					7:00			
7:15					7:15			
7:30	6:00-8:30pm Adult OPEN Beginning Ballet LN	7:00-8:30pm Adult OPEN Intermediate Ballet TM		7:00-8:30pm Intermediate Ballet Technique Level 3a (3bc extra class) CC	7:30			
7:45					7:45			
8:00					8:00	8:00-8:30pm Repertoire & Variation Thursday Block SB		
8:15					8:15			
8:30	WEDNESDAY				8:30	THURSDAY		

Arts Ballet Academy reserves the right to modify, combine, split, and/or cancel a class at the discretion 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 Schedule

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						
9:00	FAQ:			9:00	9:00-11:00 Sr Company Ballet Technique Company Class (4-6) TM	9:00-11:00am Junior Company 3A (and 2b welcome!)	9:30-11:00am Int. Company Class Ballet 3bc/4 Technique BC	Level 2B welcome to add Saturdays	9:00				
9:15				9:15							9:15		
9:30	Do I have to take the CORE Program or can I take fewer required classes? How do I choose?			9:30					9:30				
9:45							9:45			9:45			
10:00							10:00			10:00			
10:15							10:15			10:15			
10:30	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!			10:30	3A Repertoire/ Rehearsal		10:30						
10:45							10:45		10:45				
11:00							11:00	Break, Water, Pointe Shoes for those training en pointe		11:00			
11:15							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	
11:30							11:30						11:30
11:45							11:45						11:45
12:00							12:00						12:00
12:15							12:15	12:30-1:00 Break/Lunch (dismissal 12:30 if not staying for rehearsals)		12:15			
12:30							12:30			12:30			
12:45							12:45	Afternoon Rehearsals scheduled for needs of performances are posted on BAND for our parents/students		12:45			
1:00				1:00	FAQ on Saturdays:		1:00						
1:15				1:15	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.		1:15						
1:30				1:30			1:30						
1:45				1:45			1:45						
2:00				2:00			2:00						
2:15	***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			2:15			2:15						
2:30							2:30	2:30					
2:45							2:45	2:45					
3:00							3:00	3:00					
3:15	Reserved for Advanced Rehearsals		Reserved for Advanced Rehearsals	3:15			3:15						
3:30				3:30	3:30								
3:45				3:45	3:45								
4:00		4:00-4:30pm Adv Modern Skills E SB/TM/CC			4:00-4:30pm Int Modern Skills D CC/SB	4:00	4:00						
4:15				4:15	FAQ on Rehearsals and Performing:		4:15						
4:30	4:30-5:30pm Adv Contemporary D/E & Choreography Class SB/TM/GUEST	Reserved C, D, E	4:30-5:30pm Modern C /Contemporary CC/TM/SB/Guest	4:30	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 availailty 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!		4:30						
4:45				4:45			4:45						
5:00				5:00			5:00						
5:15				5:15			5:15						
5:30	5:30-6:30pm Adv Ensemble / Class Group Rehearsal CC/TM/SB/Guests	Reserved C, D, E	5:30-6:30pm Int Ensemble & Group Reeharsal SB/CC/TM/Guests	5:30			5:30						
5:45				5:45			5:45						
6:00				6:00			6:00						
6:15				6:15			6:15						
6:30	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			6:30			6:30						
6:45				6:45			6:45						
7:00				7:00	7:00								
7:15				7:15	7:15								
7:30				7:30	7:30								
7:45				7:45	7:45								
8:00				8:00			8:00						
8:15				8:15			8:15						
8:30				8:30			8:30						
FRIDAY				SATURDAY									

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.