



AngelaBatesDanceAcademy.com
Ridley Creek Plaza 5129 West Chester Pike Newtown Square, PA 19073
610-325-2003 angelabatesdanceacademy@gmail.com

Welcome to the 2022-2023 Season of Dance Education, Training and Fun!

All of us here at ABDA are thrilled to have you join our dance family! We have an exciting school year planned for you!! The following information is filled with important information covering the entire school year. If you have any questions or concerns, please contact us anytime by giving us a call at 610-325-2003 or sending us an email to angelabatesdanceacademy@gmail.com.

Classes start **Monday, September 12th** (see the full studio calendar below). Please make sure you have registered for your classes before the first day of your class, so we can properly take roll. Also, make sure you have paid your 1st Quarter Tuition and Registration Fee to avoid a late fee. You may submit a check or bring cash on your first day of classes OR log into your student portal or contact us via email to run your on-file credit card. See below the ABDA Dress Code policy to make sure you are dressed appropriately for your first class, hair pulled back accordingly and have the correct footwear.

Every family has a student portal through the Jack Rabbit software program. You can find this link on our website by clicking on "student portal" in the top right corner. It will prompt you to log in using the primary email address that was submitted during registration. If you did not create a password or it is not working, click on "forgot password" and enter your email address. You can then change/create your password and successfully log in. There is a video in jack rabbit that will explain how to use your portal. Once logged in, you can view your dancer's classes (day, times, room, class name, etc.), update any contact info, add an on-file credit card, make a payment, view special announcements, etc. We will post all tuition, costume, and performance fees to your account for you to view. It is a great tool to keep everyone informed!

Parent Portal Link - <https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgId=527977>

In your portal under the "ePayment" drop down box, you can select AUTO quarter, bi-annual, or annual - meaning the studio will AUTOMATICALLY charge your on-file card for tuition - OR you may choose quarterly, bi-annual, or annual to process a payment yourself either by cash, check, or your on-file credit card. If you ever have any problems or questions regarding your student portal, please do not hesitate to contact us. NOTE - we do not offer refunds for any of our fees.

We will also send emails periodically with important information and reminders. It would be best to keep all communications for the school year as you receive them from our office, whether saved in your email or printed and placed in a folder. You will be receiving information about your participation in our annual December Holiday Show and our June End of the Year Recital Performance. Note: If

you opt out of emails, you will not receive this info. We welcome your comments and suggestions regarding any of our policies or procedures at any time.

Waiting rooms are made available for the convenience of our students and their families. HOWEVER, due to the pandemic we highly recommend dropping off your dancers and picking up after class to keep the amount of people in the studio at one time to a minimum. PLUS it's a great time to run errands :) The waiting rooms are for waiting, reading, TV watching, snacking, conversation, video viewing, homework, and children playing with toys or games. We ask that you please RESPECT the activities of others and the classes in session. If you use our books and magazines, we would appreciate it if you would return them to the shelves. If younger siblings play with our toys, PLEASE PLEASE PLEASE make sure you return all toys to where you found them. Do NOT leave all the toys out for someone else to clean up. If you do make a mess, PLEASE clean up after yourself. Crumbs and food left out will cause unwanted insects and animals into our building. In addition, parents and guardians are expected to supervise any younger siblings at ALL times. PLEASE make sure subings are NOT writing or drawing on our paperwork, flyers, notepads, or walls. Your cooperation is greatly appreciated.

We request that you arrive at the studio with adequate time to prepare for class, parking, changing, restroom, etc. Parents, for your children's safety, please be available in the waiting room and/or parking lot to receive students when dismissed from class. If you happen to be delayed for class start time or pickup, no worries. Run into class once you arrive, and we will keep dancers safely inside until you arrive for pickup. Make sure to park in an actual parking spot out front of the studio to avoid any confusion or safety concerns. Drive slowly and carefully while in our parking lot and be on the lookout for tiny dancers popping out behind cars. Dancers should use the restroom BEFORE class begins, especially younger ones. It is advised that students bring a water bottle to class to stay hydrated. Please make sure all shoes, water bottles, dance bags, etc. are labeled with your dancer's name.

The studio welcomes everyone to bring in drinks and snacks. However, please only water or dry non-peanut snacks. Please try to avoid crumbs, since they tend to attract bugs. There is a microwave, refrigerator, and water cooler in the waiting area. Feel free to use these at any time. Again, if you do make a mess, please clean up after yourself. Your cooperation is greatly appreciated.

There is free WIFI in the studio! The network username is ABDA and the password is "BePositive!".

A clean studio is a happy studio! If you ever see something that needs attention, please let us know. For example: if the bathroom is out of toilet paper or paper towels, the water cooler is out of water or cups, a mess that needs to be vacuumed, etc. You can leave us a note in the drop box in the waiting area, or let a teacher know at the end of class.

The entire ABDA faculty and staff are very concerned about the safety and wellbeing of every dancer. We do have first aid kits in each studio along with a plentiful supply of Band-Aids. We do have a few ice packs as well in our freezer in the waiting room. PLEASE return all ice packs after each use!!!

As far as COVID/Sickness protocols go, the following items

- Masking will be optional and the studio will adhere to any Orders or mandates established by the PA DOH or Delco DOH.
- The studio will allow for full occupancy with no alterations or restrictions.
- Consistent with the direction given from Delco DOH, the studio will not conduct close contact tracing, while in the dance setting, unless otherwise ordered/mandated by state, federal, or local authorities.

- Consistent with the guidance issued by CDC, close contacts of positive Covid-19 individuals will not be required to quarantine.
- When a cluster of cases occurs, defined by Delco DOH as 10% of students or staff within a specified core group/class, the studio will notify families and staff of the specified core group to empower individuals and families to choose to take their own mitigative steps (i.e. masking, testing).

With these changes, we anticipate a continued return to normalcy of all dance operations. To support keeping our dance family a healthy and safe place for everyone, please continue to be mindful of keeping your children home from classes/events if they show any signs of illness.

****JUST IN CASE we need to implement, here are our possible COVID-19 Safety Procedures***
https://docs.google.com/document/d/1ZJnxQ_J8xQDCMHDSun3ziCnw0YcRhDIOANJxgTX1wmc/edit?usp=sharing

The ABDA Drop Box is located outside the office door alongside blank envelopes, pens and blank note paper. Since there may not be anyone in the office, you can safely submit any payments, forms, notes or messages in this drop box. Someone will contact you the following day.

We welcome your comments and suggestions. If any parent/student wishes a private conference concerning your individual dance goals or financial concerns, please do not hesitate to ask. We are happy to work with you to ensure that your school year will be one of pleasure and growth. The entire faculty and staff wish you a fantastic year of dance!

Sincerely,

Angela Bates Majewski

Angela Bates Majewski

(scroll down for more specific details)

2022- 2023 Studio Calendar

August 31st (Wed) Company Auditions 4:30pm-9:30pm
September 8th (Thurs) Open House/Registrations 5pm-7pm
September 12th (Mon) Classes Begin and Quarter #1 Tuition and Registration Due
1st Quarter - Sept 12th thru November 13th
October 3rd - October 8th (Mon-Sat) Bring a Friend Week
October 31st (Mon) – Halloween Studio Closed
November 14th (Tues) Quarter #2 Tuition Due AND Recital Costume Deposits Due
2nd Quarter - from November 14th thru January 28th
November 14th – 19th (Mon-Sat) Parent Visitation Week
November 22nd – November 27th (TUES - Sun) Studio Closed for Fall Break
December 10th (Sat) TENTATIVE Holiday Spectacular Dress Rehearsal and/or Performances
December 11th (Sun) TENTATIVE Holiday Spectacular Dress Rehearsal and/or Performances
December 19th - Jan 1st (Mon-Sun) Studio Closed for Winter Break
January 2nd (Mon) Classes Resume
January 30th (Mon) Quarter #3 Tuition is Due AND Recital Costume Balances
3rd Quarter - January 30th thru April 8th
April 10th (Mon) Quarter #4 Tuition is Due AND Recital Performance Fee
**4th Quarter #4 – April 10th – June 8th*
April 2nd – April 9th (Sun-Sun) Studio Closed for Spring Break
April 24th – April 29th (Mon-Sat) Costume Week & Parent Visiting Week
June 8th (Thurs) Last Day of Classes
June 4th (Sun) TENTATIVE Recital Dress Rehearsals
June 10th (Sat) TENTATIVE Recital Performances
June, July, & August Summer Classes and Camps

Bring a Friend Week (TENTATIVE)

All dancers may bring a friend to their classes the week of October 5th-October 10th. Their friend does NOT need to have experience. They also do NOT need to have ballet shoes or attire. They should wear clothing they can move in and wear socks and sneakers. All guests must submit a completed waiver form before the start of class.

Holiday Spectacular (TENTATIVE)

This is an exciting show to take place in December to celebrate the Holiday Season. All dancers are invited to perform. Dancers will learn a holiday routine in their normal class throughout November and possibly the end of October. The studio will provide most of the costumes and accessories. You will need to supply the correct shoes, tights, hair accessories and undergarments. You may also be asked to supply basic dancewear such as shorts or leggings. The performance fee to cover the cost of costumes and the theatre rental is \$30 for those dancers in predance, Ballet/Tap 1, Jazz 1/2 and Ballet/Tap 2, \$50 for those dancers who only participate in 1-2 classes per week and \$75 for those who participate in 3 or more classes per week. More info and a permission form will be sent soon!

End of the Year Recital

This is a great way to showcase your dancer's talent they learned throughout the year to your family and friends. A recital routine will be taught in each class starting in January/February. This gives the class plenty of time to rehearse and make their routine look spectacular for the June recital. Times and details will be announced in the beginning of December. There is a performance fee of \$50 per student. Each dancer is also responsible for purchasing a recital costume. Most costumes range from \$65-\$95 per costume. Dancers will be measured in November and December and costumes will be ordered by January 1st. Costume deposits are due by November 11th and the balance is due by February 1st. Costumes will be handed out during parent visiting week at the end of April. More info regarding the recital will be sent in December.

Company Info

The ABDA Dance Company is designed to provide dancers with opportunities beyond the four walls of the studio. In other words, to inspire, motivate, challenge and enrich young lives. The Company is for dancers who want to enhance their dance training through performances, competitions and conventions. However, competition is not about winning. It is about striving to be the best YOU can be by setting reasonable goals and improving yourself as an individual. Dancers will be placed in groups where we, the studio, decide is the best fit. We place "like" dancers together according to certain criteria (such as technique, strength, performance skills, professionalism, attitude, work ethic, teamwork, etc.) that the studio feels will allow the students to dance to the best of their ability. Each Group will perform in 2-3 competitions, participate in at least one convention, perform at the Chester County Dance Festival, and perform in our Holiday Show and end of the year Recital. There are many other optional competitions and conventions dancers may attend on their own. There may also be other performances to add throughout the year. These events do require a separate cost from tuition and performance fees. Class Requirements - Minimum Class Requirements include weekday Ballet, Jazz, Lyrical,

Stretch & Tech, Contemporary and all weekend Company Classes/Rehearsals. Optional Classes include weekday Contemporary, Street Jazz, Tap, Pointe and Hip Hop.

Tuition & Notes

Quarterly payments are 4X per year. Tuition is non-refundable. We accept cash, checks, Venmo and all major credit cards. Checks should be made payable to "Angela Bates Dance Academy". Return checks will incur a \$30 bank fee. A \$25 late fee will apply to all outstanding tuition over 2 weeks late. Any declined credit cards must be updated within 2 weeks of the unprocessed payment or a \$25 fee will be applied.

TUITION	RATES
Total hours per week per dancer	Quarterly payment Amount
45 Min class	\$127
1 hour	\$152
1.5 hours	\$232
1.75 hours	\$272
2 hours	\$292
2.5 hours	\$357
3 hours	\$422
3.5 hours	\$477
4 hours	\$532
4.5 hours	\$577
5 hours	\$622
5.5 hours	\$667
6 hours	\$712
6.5 hours	\$752
7 hours	\$792
7.5 hours	\$807
8 hours	\$822
8.5 hours	\$857
9 hours	\$892
9.5 hours	\$900
10+ hours	\$905
Single Class	Rate = \$20
Quarter #1	Due 9/12/22
Quarter #2	Due 11/14/22
Quarter \$3	Due 1/30/23
Quarter #4	Due 4/10/23

Registration Fees

\$30 per dancer or \$40 per family

Special Discounts

10% *Annual Discount* when paying for a full year's tuition

5% *Bi-Annual Discount* when paying tuition 2X per year

Sibling Discounts -

10% off 2nd child's, 20% off 3rd child's, 30% off 4th child's tuition of equal or lesser value

Performance Opportunities

Contact us for more info about the ABDA Company Performance Opportunities!

Student Portal and Communication

Every family has a student portal through the Jack Rabbit software program. You can find this link on our website by clicking on "student portal". It will prompt you to log in using the primary email address that was submitted during registration. If you did not create a password or it is not working, click on "forgot password" and enter your email address. You can then change your password and successfully log in. There is a video that will explain how to use your portal. Once logged in, you can view your dancer's classes, update contact info, add an on-file credit card, view special announcements, etc. We will post all tuition, costume and performance fees to your account for you to view. It is a great tool to keep everyone informed! If you ever have any problems or questions regarding your student portal, please do not hesitate to contact us. We will also send emails periodically with important information and reminders. It would be best to keep all communications for the school year as you receive them from our office, whether saved in your email or printed and placed in a folder. You will be receiving information about your participation in our annual December Holiday show and our June end of the year recital. We welcome your comments and suggestions regarding any of our policies or procedures at any time.

Attendance Policy

ABDA is a full year program and in order to get the best dance education possible, we expect our students to be present for all classes and performances. Therefore, we do not give credits for missed classes. However, we will offer makeup classes for any classes missed due to sickness, inclement weather etc. Classes dropped without a written notification will be held responsible for any current balances. We request that you arrive at the studio with adequate time to prepare for class, parking, changing, restroom, etc. Parents, for your children's safety, please be available in the waiting room to receive students when dismissed from class. Please call whenever delayed for class start time or pickup. Make sure to park in an actual parking spot out front of the studio to avoid any confusion or safety concerns. Drive slowly and carefully while in our parking lot and be on the lookout for tiny dancers popping out behind cars. Dancers should use the restroom BEFORE class begins, especially younger ones. It is advised that students bring a water bottle to class to stay hydrated. Please make sure all shoes, water bottles, dance bags, etc. are labeled with your dancer's name.

Inclement Weather

If there is inclement weather such as snow and ice and dangerous travel conditions arise, we will be forced to close. We will post closures on social media along with an email that will be sent by 3:30pm. Students will be asked to attend a makeup class for the class they missed due to inclement weather.

Personal Belongings

Most dancers will bring their shoes and other dance accessories in a bag (dance bag). Dancers may bring their needed shoes and water bottles into the studio for class. However, all other belongings including food, must be placed in a cubby outside the studios. It is recommended that dancers do not bring valuable items such as phones, laptops, and wallets to the studio. If they do bring those items, they are responsible for them and should keep them secure and out of view in their bags in the lobby and/or dressing room. All phones and electronic devices must be silenced AND may NOT be used during class. It is also recommended that dancers bring a water bottle to class labeled with their name.

Waiting Areas and Dressing Room

Please note that the waiting rooms are made available for the convenience of our students and their families. The waiting rooms are for waiting, reading, TV watching, snacking, conversation, video viewing, homework, and children playing with toys or games. We ask that you please respect the activities of others and the classes in session. If you use our books and magazines, we would appreciate it if you would return them to the shelves. If younger siblings play with our toys, please make sure you return all toys to where you found them. Do NOT leave all the toys out for someone else to clean up. If you do make a mess, please clean up after yourself. In addition, parents and guardians are expected to supervise any younger siblings at all times. Your cooperation is greatly appreciated. Parents/guardians may drop off dancers and leave to run errands and what not OR they may stay in our waiting area while dancers are enjoying life in our studios. Dressing rooms are for dancers to change if need be. Please make sure no men or boys are in the dressing room while girls are getting changed. Men and boys may use the restroom to change. Please use respect while in the waiting area and dressing rooms.

Food and Drinks

The studio welcomes everyone to bring in drinks and snacks. However, please only water or dry non-peanut snacks. Please try to avoid crumbs, since they tend to attract bugs. There is a microwave, refrigerator, and water cooler in the waiting area. Feel free to use these at any time. Again, if you do make a mess, please clean up after yourself. Your cooperation is greatly appreciated.

Safety and Cleanliness

The entire ABDA faculty and staff are very concerned about the safety and wellbeing of every dancer. We do have first aid kits in each studio along with a plentiful supply of Band-Aids. We do have a few ice packs as well in our freezer in the waiting room.

A clean studio is a happy studio! If you ever see something that needs attention, please let us know. For example: if the bathroom is out of toilet paper or paper towels, the water cooler is out of water or cups, a mess that needs to be vacuumed, etc. You can leave us a note in the drop box in the waiting area, or let a teacher know at the end of class.

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Dress Code

We want all of our dancers to feel comfortable and confident to ensure they learn & dance their best at all times. Please respect the following dress code. Contact us if you have any questions.

Toddler & Me – *Girls* - Pink leather full sole ballet slippers, leotard (any color or style), pink tights, optional ballet skirt, and hair pulled back preferably into a bun. *Boys* – Comfortable clothing that can easily be moved in and black ballet shoes. Parents or guardians should wear comfortable clothes and shoes that they can easily move in and/or sit on the floor.

Predance & Ballet/Tap levels 1-3 – *Girls* - Pink leather full sole or split sole ballet slippers, leotard (any color or style), pink tights, optional ballet skirt, black patent leather tap shoes, hair pulled back preferably into a bun. *Boys* – black pants, a fitted Tee (any color), black ballet shoes and black oxford tap shoes.

Jazz levels 2-3 - Tan or caramel slip-on jazz shoes, leotard, fitted tank or tee (any color or style), leggings or fitted shorts, optional tan tights, hair pulled back into a ponytail or bun.

Ballet & Pointe levels Int, Int/Adv, and Adv Junior, Teen, & Senior - *Girls*- Pink split sole ballet slippers (canvas or leather), pink pointe shoes (NOT for Pre-Pointe!), leotard (any color or style), pink or salmon tights, optional ballet skirt, hair must be pulled back into a bun. *Boys* – black pants, a fitted Tee (any color) and black ballet shoes. NOTE - PRE-POINTE should NOT get pointe shoes until we (the teachers) can determine if they are ready!!!

Jazz and Stretch & Tech levels Int, Int/Adv, and Adv Junior, Teen, & Senior - Fitted clothing such as leotards, tank tops, leggings, shorts etc., tan/caramel slip-on jazz shoes (Bloch #DN981G, S0499L, #S0495), hair pulled back into a ponytail or bun.

Lyrical levels Beg/Int, Int, Int/Adv, and Adv Junior, Teen, & Senior - Fitted clothing such as leotards, tank tops, leggings, shorts etc., Capezio Nude Pirouettes (turners), hair pulled back into a ponytail or bun.

Contemporary and Contemporary/Modern levels Beg/Int, Int, Int/Adv, and Adv Junior, Teen, & Senior - Fitted clothing such as leotards, tank tops, leggings, shorts etc., bare feet, and hair pulled back into a ponytail or bun.

Tap levels Int, Int/Adv, and Adv Junior, Teen, & Senior - Fitted clothing such as leotards, tank tops, leggings, shorts etc., Black Oxford Tap Shoes (Bloch or Capezio), hair pulled back into a ponytail or bun.

Street Jazz all levels - Comfortable and appropriate clothing, sneakers, hair pulled back into a ponytail.

Acro all levels - Comfortable and tight fitting clothing, bare feet, hair pulled back into a ponytail or pigtails.

*All the above items can be purchased at *Danceline* in Paoli, the *Brandywine Dance Shoppe* in Wilmington, DE (tax free), *Swan Dancewear* in Narberth, *Definitely Dance* in Exton and *Motions* in Drexel Hill

ABDA Mission Statement

The Angela Bates Dance Academy's purpose is to create a positive and inspirational learning environment while providing the best quality dance education incorporating life lessons, friendships and memories that will last a lifetime.

Code of Ethics/Conduct

We, the dancers, faculty, and staff of the Angela Bates Dance Academy are a vibrant community of people who have a high regard for each other, the art of dance, and the respectability and value of the work we do. We are committed to fostering a future generation free of hate and discrimination. We honor our differences and believe that differences are what make us beautiful. We have and always will stand for love, respect, kindness, and equality, for everyone. All who participate are requested to demonstrate the willingness to be held accountable to uphold the values and ethics we declare as the fundamental guidelines stated below. In all our endeavors to study and perform as an expression of our love of dance, we show respect to the parents, our peers, the staff and faculty of ABDA and all the wider dance community, including our competition. We consider it a privilege to participate in a worldwide community for the performing art of dance exemplifying the values of integrity, character, leadership, responsibility and professionalism.

- **INTEGRITY:** To conduct oneself with honesty, courtesy, and respect. To express consideration for one's fellow dancers, educators, parents, staff and competitors. To be a person who leads by example and honors commitments. To be a person other people can count on and look up to.
- **LEADERSHIP:** To guide, direct and influence people in achieving their highest goals and ideals. By setting an example through one's actions and speech. To inspire and serve the people of your class, team, or community through full participation in all dance related activities.
- **RESPONSIBILITY:** To respect and adhere to the policies and procedures of the studio or the organizers of any conference, workshop, or competition. To be a person who interacts with peers and authority figures in a mature manner. To question authority in a respectful manner. To speak of any issue or grievance to the person who is able to resolve any concern. To be willing to receive coaching and direction when deemed appropriate.
- **CHARACTER:** To be a person who represents high levels of personal integrity, leadership, and responsibility for oneself and others. A person who has the courage and willingness to face issues and concerns with maturity and dignity. To avoid gossip, criticism, or demeaning comments for any member of the dance community, parent, or peers.
- **PROFESSIONALISM:** To respect the dance profession and uphold our values and standards of conduct. To support and encourage one another. To voice opinions and initiate change that will elevate the dance community. To recognize oneself as a role model at all times. To love the study and performance of dance as a universal art form.

Faculty (see headshots and bios on our website)

- Angela Bates-Majewski (AB) Owner and Director teaching Predance, Jazz, Lyrical, Contemporary, and Stretch & Tech
- Marlena Buckley (MB) Predance Faculty
- Makenzie Crane (MC) Stretch & Tech, Contemporary and Lyrical Faculty
- Jordan Daniels (JD) Street Jazz Faculty
- Magaret DeLucia (MD) Acro and Ballet/Tap Faculty
- Kristin Hackney (KH) Tap Faculty
- Meghan Jarvie (MJ) Ballet/Tap, Jazz, and Lyrical Faculty
- Diana Knight (DK) Ballet/Tap, Jazz, and Lyrical Faculty
- Alexa Meissner Chambers (AC) Ballet/Tap, Jazz, Contemporary Modern, and Stretch & Tech Faculty
- Gabby Pearson (GP) Predance and Ballet/Tap Faculty
- Rita DeChillo Rafferty (RD) Predance and Ballet/Tap Faculty
- Margarita Ryan (MR) Ballet and Pointe Faculty
- Gabby Wright (GW) Street Jazz and Contemporary Faculty

Classes Levels

- **Toddler & Me** – Ballet class/movement class for young dancers approx. ages 1 ½ - 3 that work with a parent or guardian.
- **Predance** – Ballet/Tap class for Preschool dancers approx. ages 2 ½ - 4 with little or no previous experience.
- **Ballet/Tap Level 1** – approx. ages 4 - 6 with little or no previous experience.
- **Jazz Level 2** – approx. ages 5-7 with little or no previous experience
- **Ballet/Tap level 2** – approx. ages 5-7 with some prior experience, such as Ballet/Tap level 1
- **Ballet/Tap level 3 and Jazz 3** – approx. ages 6-8 with prior experience such as Level 1 or 2
- **Beg/Int Lyrical/Contemporary, Beg/Int Street Jazz/Hip Hop and Acro I**– approx. ages 6-8 with some prior dance experience
- **Int Ballet, Jazz, Tap, Lyrical/ Contemporary, Street Jazz, and Acro II** – approx. ages 7-9 with prior dance experience and dancing at an intermediate level

- **Int/Adv Ballet, Jazz, Tap, Lyrical, Street Jazz, and Acro II**– approx. ages 8-10 with prior experience and dancing at an intermediate/advanced level
- **Adv Junior Ballet, Pre-Pointe, Jazz, Tap, Lyrical, Stretch & Tech Contemporary/ Street Jazz, and Acro III**– approx. ages 9-12 with prior experience and dancing at an intermediate/advanced level
- **Adv TEEN Ballet, Pointe, Jazz, Tap, Lyrical, Contemporary/Modern, Stretch & Tech, Street Jazz, Contemporary, and Acro II or Acro III** – approx. ages 12-14 with prior experience AND dancing at an intermediate/advanced level.
- **Adv SENIOR 1 Ballet, Pointe, Jazz, Tap, Lyrical, Contemporary/Modern, Stretch & Tech, Street Jazz, Contemporary, And Acro III** – approx. ages 14-16 with prior experience AND dancing at an advanced level.
- **Adv SENIOR 2 Ballet, Pointe, Jazz, Tap, Lyrical, Contemporary/Modern, Stretch & Tech, Street Jazz, Contemporary, and Acro III** – approx. ages 16-19 with prior experience AND dancing at an advanced level.

General Information for all our classes at ABDA -

- Every class at ABDA is designed to build confidence and self-esteem. We want every dancer to feel happy and succeed not only in dance but in anything they do in life. "Dance Lessons Are Life Lessons"!
- Our classes are conducted in a positive, encouraging and nurturing way along with the discipline and focus that the art of dance encompasses.
- ABDA is a family of dancers. We are very family oriented. We encourage everyone to be themselves and in return accept others for who they are.
- Our recreational classes give dancers the best quality dance training in a less strict environment. These classes are social and fun.
- Our accelerated classes and dance company give dancers more serious training with more regulations and discipline, but still done in a super positive environment.
- The company is designed to give dancers more performance opportunities besides our Holiday Show and end of the year Recital. Other performance opportunities include dance competitions, dance conventions, dance festivals locally and nationally, nursing home performances, parades, etc.

Styles of Dance Classes Offered

Toddler & Me - This class is a perfect introduction to the art of dance for ages 1.5-3 (age as of September 1st) that teaches the fundamentals of basic creative movement with the assistance of a parent/guardian/grownup. It will introduce young dancers to the joys of movement and the elegance and grace of ballet in a fun and creative way. Age appropriate work is taught each week and includes balance, coordination, creative movement, self-esteem skills, confidence skills, listening skills, and basic dance skills.

Predance - This combo class of Ballet & Tap for ages 2.5-4 (age as of September 1st), teaches the fundamentals of basic classical ballet and tap dance. Predance will introduce young dancers to the joys of rhythmic movement and the elegance and grace of ballet in a fun and creative way. Age appropriate work is taught in both disciplines each week and includes balance, coordination, creative movement, self-esteem skills, confidence skills, listening skills, and basic dance skills.

Ballet - Classes begin in the predance level and continue throughout Level, 1, 2 and 3 as a combination class with Tap. A more accelerated ballet program will be offered in our Beg/Int Level and continuing in our Int/Adv Level and Adv Level. Class includes confidence, poise, posture, grace and ballet technique.

Pointe - Pointe is the art of ballet done on the tops of their toes using special shoes. Pre-Pointe is offered at age 9 and actual Pointe classes begin when a dancer is physically, emotionally and developmentally ready. Instructors will help with determining when a dancer is ready. Students must be proficient in Ballet with very strong ankles, legs and core strength.

Tap - Classes begin in the predance level and continue throughout Level 1, 2 and 3 as a combination class with Ballet. A more accelerated program will be offered in our Beg/Int level and continuing in our Int/Adv Level and Adv Level. Class includes rhythm, balance, coordination, performance, confidence, self-esteem and fun. The style of tap offered will include training in "Broadway" style tap AND "hoofing" style tap.

Jazz - Classes are offered for ages 4 and above. Class emphasizes confidence, style, energy, power, flexibility, strength and classic jazz technique. These classes use popular pop music and are super fun and high energy. All movements and music are age appropriate.

Lyrical - Classes are offered for ages 5 and above. Dancers must have prior Ballet and/or Jazz training. Lyrical is expressing emotion appropriately representing lyrics in a song. This style utilizes proper Ballet and Jazz technique.

Contemporary - Classes are offered at ages 7 and above. Contemporary Dance is a fusion of interpretive movement incorporating ballet, jazz, lyrical and modern technique. Dancers should have prior Ballet and/or Jazz training.

Contemporary Modern - Classes are offered at ages 7 and above. Contemporary Dance is a fusion of interpretive movement incorporating ballet, jazz, lyrical and modern technique. This class will focus more on modern technique. Dancers should have prior Ballet and/or Jazz training.

Street Jazz - Classes are offered for ages 5 and above. This style is very similar to Hip Hop, but incorporates Jazz technique along with the Hip Hop style.

Acro - Classes are offered at ages 5 and above. Acro is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Dancers will gain flexibility in their backs and gain strength in their arms. They will work on basic gymnastic tumbling moves and passes.