



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

Welcome to the 2023-2024 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 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 an email to angelabatesdanceacademy@gmail.com.

Classes start **Monday, September 11th** (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, your hair is pulled back accordingly and you 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 "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 them 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 in our building. In addition, parents and guardians are expected to supervise any younger siblings at ALL times. PLEASE make sure siblings 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!!!

****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

2023- 2024 Studio Calendar

August 30th (Wed) Company Auditions 4:30pm-9:30pm
September 7th (Thurs) Open House/Registrations 5pm-7pm
September 11th (Mon) Classes Begin and Quarter #1 Tuition and Registration Due
1st Quarter - Sept 11th thru November 5th
October 2nd - October 7th (Mon-Sat) Bring a Friend Week
October 31st (Tues) – Halloween Studio Closed
November 6th (Mon) Quarter #2 Tuition Due AND Holiday Show Performance Fees Due
2nd Quarter - from November 6th thru January 28th
November 6th – 11th (Mon-Sat) Parent Visitation Week
November 22nd – November 26th (Wed - Sun) Studio Closed for Fall Break
December 10th (Sun) Holiday Spectacular Dress Rehearsal and Performances
December 18th - Jan 1st (Mon-Mon) Studio Closed for Winter Break
January 2nd (Tues) Classes Resume
January 29th (Mon) Quarter #3 Tuition is Due AND Recital Costume Balances
3rd Quarter - January 29th thru March 31st
March 24th – March 31st (Sun-Sun) Studio Closed for Spring Break
April 1st (Mon) Quarter #4 Tuition is Due AND Recital Performance Fee
**4th Quarter #4 – April 1st – June 9th*
April 22nd – April 27th (Mon-Sat) Costume Week & Parent Visiting Week
May 24th – May 27th (Fri-Mon) Studio Closed for Memorial Day Weekend
June 2nd-6th (Sun-Thurs) TENTATIVE Recital Dress Rehearsals
June 6th (Thurs) Last Day of Classes
June 8th and 9th (Sat-Sun) TENTATIVE Recital Performances
June, July, & August Summer Classes and Camps

Bring a Friend Week

All dancers may bring a friend to their classes the week of October 2nd-October 7th. 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.

Parent Visiting Weeks and Costume Week

We conduct two parent visiting weeks. One is in November (6th-11th) where we show what we have been working on as well as reviewing all Holiday Show details. The second one is in April (April 22nd - April 27th), where we show how much we have grown as well as review all June recital info AND take home recital costumes. Make sure to add the dates to your calendar!

Holiday Spectacular

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 participating in 1 class per week in pre-dance, Ballet/Tap 1, Jazz 2, and/or Ballet/Tap 2, \$50 for those dancers who only participate in 1-2 classes per week in other levels from listed above 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 payments are due by January 29th. 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 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 Acro.

Tuition Notes & Additional Fees

Quarterly payments are 4X per year. ABDA is a full year program and we expect our students to be present for all classes and performance. 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. Tuition is non-refundable as well as other fees. If you decide to drop or discontinue for any reason, there will not be any refunds offered. For uncontrollable circumstances, we may be able to offer a credit to your account to use for future classes/camps. If you are paying the annual tuition, make sure your dancer is committed to the entire year. If you are not sure if your dancer can do this, do NOT pay annually. We accept cash, checks, and all major credit cards. Checks should be made payable to "Angela Bates Dance Academy". Return checks will incur a \$25 bank fee. A \$25 late fee will apply to all outstanding tuition over 2 weeks late and every two weeks until paid in full. Other fees include our a one time annual Registration Fee (\$30 per dancer or \$40 per family), December Holiday Show Performance Fee (between \$30-100 per dancer), June Recital Costumes (\$65-\$100 per costume), and our June Recital Performance Fee (\$50 per dancer).

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 9/11/23
Quarter #2	Due 11/6/23
Quarter #3	Due 1/29/24
Quarter #4	Due 4/1/24

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/or 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, iPads, and wallets to the studio. If they do bring these 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 bring 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 also have a few ice packs 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.

Kindness and Respect

We are constantly teaching dancers and their families how to be kind and respectful to other dancers, parents, teachers and of course themselves. We take this very seriously! If a dancer and/or parent is displaying constant disrespect or is not being kind, they will receive three warnings. After that, they will be dismissed from our program and unable to return. Examples of this include: Making fun of someone, pushing or physically hurting someone, talking back to a teacher or adult, eye rolls and not doing what is asked of in class, cursing or using inappropriate language, etc. Let's bring back good old fashioned manners and proper behavior!!

ABDA Drop Box

The ABDA Drop Box is located outside the office door alongside blank envelopes, payment slips, 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 locked 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.

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. Parent or guardian should wear comfortable clothes and shoes that they can easily move in and/or sit on the floor.

Predance & Ballet/Tap levels 1-4 – *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 and Stretch & Tech - 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.

Ballet & Pointe levels 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.

Lyrical - 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 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/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/Hip Hop 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 pigtales.

*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 Ballet/Tap, Jazz, Lyrical, Contemporary, and Stretch & Tech
- Marlena Buckley (MB) Predance Faculty
- Kristin Hackney (KH) Tap Faculty
- Diana Knight (DK) Ballet/Tap, Jazz, Street Jazz and Lyrical Faculty
- Caitlin McQuade (CM) Ballet/Tap, Acro, Stretch & Tech and Jazz Faculty
- Alexa Meissner Chambers (AC) Contemporary Modern and Stretch & Tech Faculty
- Rita Rafferty (RR) Jazz Faculty
- Blair Alexa Valentine (BV) Ballet/Tap, 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, Beg/Int Street Jazz and Acro I** – approx. ages 6-8 with some prior dance experience
- **Ballet/Tap 4, Int Jazz, Tap, Lyrical, 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 level
- **Adv Junior 2 Ballet, Jazz, Tap, Lyrical, 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 III** – approx. ages 10-13 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 IV** – approx. ages 13-16 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 IV** – 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, local and national dance festivals, 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, 3 and 4 as a combination class with Tap. A more accelerated ballet program will be offered in our Int/Adv Level and Adv Junior, Teen and Senior Levels. 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. Dancers also must take the ballet class before any pre-pointe or pointe class. PRE-POINTE should NOT get pointe shoes until instructed to do so!!!!

Tap - Classes begin in the predance level and continue throughout Level 1, 2, 3 and 4 as a combination class with Ballet. A more accelerated program will be offered in our Int/Adv Level and Adv Junior, Teen and Senior Levels. 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.