

Student Training Options

As an ADA student, any class that has been highlighted on your schedule is open to you and you ALWAYS have the option to take fewer classes than those included in the packages below!

Provided individual class requirements are met, students and their families have complete freedom to design a class schedule that works for the student.

ELEMENTARY HONORS: (2.5+ hrs. wk / \$1,525+ for the school year)

"I love to dance, I'd like to get good at it!"

These students study ballet and other styles like hip hop & tap which develop rhythmical skills!

- * Ballet: at least 1
- * Tap, Hip Hop: at least 1
- * Ballet Dance Along

LEVEL 3 and 4 HONORS: (4+ hrs. wk / \$2,300+ for the school year)

"I love to dance, I'd like to get good at it."

Students in Level 3 and 4 Honors are still at the beginning of their dance training! They can begin to learn different styles of dance like jazz and tap which will help them develop versatility!

- * Ballet: at least 2 classes
- * Modern, Hip Hop, Tap, Stretch, Dance Along, additional Ballet: at least 2 hours of class

LEVEL 5 and 6 HONORS 1: (4-5.5 hrs. wk / \$2,300 - \$3,052 for the school year)

"I love to dance, I'd like to get good at it."

Students on this track are dancing recreationally while expanding their Ballet base and exploring other genres!

- * Ballet: at least 2
- * Modern, Jazz, Hip Hop, Tap, Stretch, additional Ballet: at least 2 hours of class

LEVEL 5 and 6 HONORS 2: (6-7 hrs. wk / \$3,274 - \$3,729 for the school year)

"I love to dance, I need to get good at it, I want to see how far I can go with it!"

Students on this track are passionate about their dancing and want to do a lot of it!! These young students are in dance classes at least 3 days a week!

- * Ballet: At least 3
- * Modern, Jazz, Hip Hop, Tap, Stretch, additional Ballet: at least 2.5 hours of class

LEVEL 5 and 6 AP: (By Invitation Only) (7.5+ hrs. wk / \$3,996+ for the school year)

"All I care about is dance, and I want to be a professional!"

Students invited to train in this track have shown that they have great potential! AP students at this level begin to gain performance experience with their workshop class and will be laying a strong dance foundation.

- * Ballet: At least 3
- * Modern, Jazz, Hip Hop, Tap, Stretch, additional Ballet: at least 3 hours of class
- * Ballet workshop: 6CW
- * Pilates: 4sp

LEVEL 7 and 8 HONORS 1: (5.25-7.75 hrs. wk / \$2,913 - \$4,129 for the school year)

"I love to dance, I'd like to get good at it."

Level 7 and 8 Honors 1 offers a well rounded schedule that is both fun and challenging! Students expand their Ballet base, begin their pre pointe & body conditioning training and explore other genres!! These students also gain stage experience in a Ballet or Modern workshop piece!

- * Ballet: at least 2
- * Pre Pointe: at least 1
- * Pilates or Stretch: at least 1
- * Modern, Jazz, Hip Hop, Tap: at least 1
- * Modern Workshop, Ballet Workshop (if meets requirements): at least 1

LEVEL 7 and 8 HONORS 2: (8-10.25 hrs. wk / \$4,114 - \$4,873 for the school year)

"I love to dance, I need to get good at it, I want to see how far I can go with it!"

Students at this level generally show a very strong interest in their training and may dance for several hours in a row at least 3 days a week!! Students study a variety of techniques & styles and may start to get very strong!

- * Ballet: at least 3
- * Pre Pointe: at least 1
- * Pilates and Stretch: at least 1
- * Modern, Jazz, Hip Hop, Tap, additional Ballet: at least 2 hours of class
- * Ballet Workshop
- * Modern Workshop (if meets requirements)

LEVEL 7 and 8 AP: (By Invitation Only) (10.5+ hrs. wk / \$4,992+ for the school year)

"All I care about is dance, and I want to be a professional!"

Students invited to train in this track have a solid dance foundation and show serious dance potential! They will generally get very strong and may be ready to begin their pointe training!

- * Ballet: at least 4 (including 616)
- * Pre Pointe: at least 2
- * Pilates and Stretch: at least 1
- * Modern and Modern Workshop
- * Jazz, Hip Hop, Tap, Ballet Workshop 39w: at least 1
- * Ballet Workshop 6CW

LEVEL 9 and 10 HONORS 1: (6.5-9.75 hrs. wk / \$3,547 - \$4,834 for the school year)

"I love to dance, I'd like to get good at it!"

Level 9 and 10 Honors 1 offers a versatile schedule that is both exciting and challenging! Students broaden their Ballet and Pre Pointe/Pointe vocabulary, study multiple dance styles and gain muscle awareness through their body conditioning training which now includes Yoga!

- * Ballet: at least 3
- * Pre Pointe/Pointe: at least 1
- * Pilates, Yoga, Body Conditioning, Stretch: at least 1
- * Modern, Jazz, Hip Hop, Tap: at least 1
- * Ballet Workshop: at least 1

LEVEL 9 and 10 HONORS 2: (10-13 hrs. wk / \$4,754 - \$5,531 for the school year)

"I love to dance, I need to get good at it, I want to see how far I can go with it!"

This is a great track for those that are very passionate about dance! Students are training in multiple dance styles at least 4 days per week! They may also be considered for a Merit Scholarship.

- * Ballet: at least 4 (216 & 616 if meets requirements)
- * Pre Pointe/Pointe: at least 2
- * Pirouettes and Allegros: 2pa (if meets requirements) or 29pa
- * Ballet Workshop: at least 1 (59w, 39w)
- * Pilates, Yoga, Body Conditioning, Stretch: at least 1
- * Modern
- * Modern Workshop, Jazz, Hip Hop, Tap, Contemporary: at least 1

LEVEL 9 and 10 AP: (By Invitation Only) (13.25+ hrs. wk / \$5,637+ for the school year)

"All I care about is dance, and I want to be a professional!"

This level is very challenging! Students invited into this track have a strong dance foundation and have been working very hard to refine their technique and artistry! Students will be considered for Merit Scholarships as well as ADA's most advanced Summer Programs. These students are most likely aiming for a career in dance or wish to pursue dance in college.

- * Ballet: at least 5 including 216
- * Pre Pointe/Pointe: at least 2
- * Pirouettes and Allegro: 2pa
- * Pilates, Yoga, Body Conditioning, Stretch: at least 2
- * Ballet Workshop: at least 1 (317r if recommended, 39w, 59w, 6cw/6cwa if recommended)
- * Modern and Modern Workshop
- * Jazz, Hip Hop, Tap, Contemporary: at least 1

LEVEL 11 and 12 HONORS 1: (6.75-11.75 hrs. wk / \$3,683 - \$5,217 for the school year)

"I love to dance, I'd like to get good at it!"

Students on this track have a good dance foundation! Students continue refining their Ballet & Pre Pointe/Pointe work and study multiple dance styles which may now include Contemporary dance!

- * Ballet: at least 3
- * Pre-Pointe/Pointe: at least 1
- * Modern: at least 1
- * Pilates, Stretch, Yoga, Body Conditioning, Ballet Workshop, Jazz, Hip Hop, Tap, Contemporary: at least 1

LEVEL 11 and 12 HONORS 2: (12-13.75 hrs. wk / \$5,328 - \$5,850 for the school year)

"I love to dance, I need to get good at it, I want to see how far I can go with it!"

This is a great track for those that are very passionate about dance and perhaps would like to dance in college! Students are training in several dance styles and have a good overall understanding of their art! Students will be considered for Merit Scholarships as well as ADA's most advanced Summer Programs!

- * Ballet: at least 4
- * Ballet Workshop
- * Pre Pointe/Pointe: at least 2
- * Modern and Modern Workshop
- * Jazz, Hip Hop, Tap, Contemporary, 59w: at least 1
- * Pilates, Yoga, Body Conditioning, Stretch: at least 1

LEVEL 11 and 12 AP: (By Invitation Only) (14+ hrs. wk / \$5,957+ for the school year)

"All I care about is dance, and I want to be a professional!"

These students have a strong dance foundation and train in a variety of dance styles. These students are most likely aiming for a career in dance or wish to pursue dance at a college with a reputable dance program. Students will be considered for Merit Scholarships as well as ADA's most advanced Summer Programs!

- * Ballet: at least 5
- * Pointe: at least 2
- * 317r, 417w: at least 1
- * Modern and Modern Workshop
- * Contemporary, Jazz, Hip Hop, Tap, 3bp, 510w: at least 1
- * Pilates, Yoga, Body Conditioning, Stretch: at least 2

INTERMEDIATE HONORS 1: (7.75-12.25 hrs. wk / \$4,129 - \$5,439 for the school year)

"I love to dance, I'd like to get good at it!"

Students opting for this track have generally come up through the lower levels at ADA and have a very good dance foundation! These students love to dance recreationally and enjoy a varied class schedule!

* Ballet: at least 3

* Pointe: at least 1

* Modern and Modern Workshop

* Ballet Workshop (417w), Jazz, Jazz Workshop, Hip Hop, Contemporary, Pilates, Yoga, Body Conditioning, Stretch: at least 1

INTERMEDIATE HONORS 2: (12.5+ hrs. wk / \$5,550+ for the school year)

"I love to dance, I need to get good at it, I want to see how far I can go with it!"

This is a great track for those that are very passionate about dance and are considering dance in college! These students are very well versed in Ballet, Pointe & Modern, and are very strong as well as mentally & physically aware. Students in this track may also be considered for Intermediate AP, which is part of the Merit Scholarship program, as well as ADA's most advanced Summer Programs!

* Ballet: at least 4

* Pointe: at least 2

* Ballet Workshop (22pw, 317r, 417w): at least 1

* Modern and Modern Workshop

* Jazz, Jazz Workshop, Hip Hop, Tap, Contemporary: at least 1

* Pilates, Yoga, Body Conditioning, Stretch: at least 2

****Please Note****

Merit Scholarships are by invite only for Pre Intermediate through Pre Professional students, and require 16+ hours of training per week.