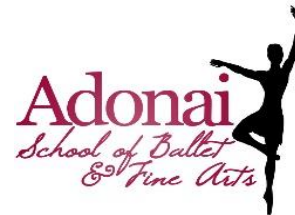


Adonai School of Ballet & Fine Arts 2022-2023 Class Schedule



*NSP = No Spring Concert Dance

Schedule & studio room assignments are subject to change depending on registration

MONDAY					
STUDIO A		STUDIO B		STUDIO C	
9:00-10:00	Ballet 3/Pre-Pointe - Nicole	9:00-9:45	Preschool - Hannah	9:00-10:00	Ballet 1A/B - Elizabeth
10:00-11:30	Ballet 6 - Nicole	9:45-10:45	Pre-Ballet & Tap - Hannah	10:45-12:00	Int. Elementary Modern/Tap - Hannah
11:30-12:30	Variations / Pointe 4 - Nicole			12:30-1:30	Ballet 2 - Nicole
12:30-1:30	Modern 4 - Hannah				
4:15-5:00	Worship 1 - Erin (Completed Ballet 1A)	4:15-5:00	Preschool - Betsy	4:00-5:00	Pre-Ballet & Tap - SaraBeth
5:15-6:00	Worship 3 - Erin	5:00-6:00	Ballet 3/Pre-Pointe - Betsy	5:00-6:00	Ballet 2 - Emma
6:00-7:30	Ballet 6 - Eva	6:00-6:45	Worship 2 - Erin	6:00-7:30	Ballet 5 - Catherine
7:30-8:30	Modern 4 - Catherine	7:00-8:00	Adult Ballet / Worship Ballet - Erin	7:30-8:15	Pointe 2 - Eva
TUESDAY					
STUDIO A		STUDIO B		STUDIO C	
4:00-5:00	Ballet 1A -Nicole	4:00-5:00	Pre-Ballet & Tap - Emma	4:00-5:00	Ballet 1B - Whitney
5:00-6:00	Beg. Elementary Jazz/Modern/Tap - Emma	5:15-6:00	Preschool - Jennifer	5:00-6:00	Int. Elementary Modern/Tap - Whitney
6:00-7:00	Stretch & Core (Ages 10 & up) - Jennifer (*NSP)	6:00-7:00	Ballet 2 -Whitney	6:00-7:00	Ballet 3/ Pre-Pointe - Nicole
7:00-8:15	Ballet 4 - Nicole	7:00-8:00	Teen Ballet - Katherine	7:00-9:00	Ballet 6 - Chelsea (*NSP)
8:15-9:00	Pointe 1 - Nicole	8:00-8:45	Teen Tap - Katherine		
THURSDAY					
STUDIO A		STUDIO B		STUDIO C	
		9:15-10:00	Preschool - Jennifer	9:00 - 10:00	Worship 1/2 - Erin (Completed Ballet 1A)
10:00-11:00	Ballet 1A/B - Nicole	10:00-11:00	Pre-Ballet & Tap - Jennifer	10:00-11:00	Ballet 2 - Erin
11:00-12:30	Ballet 4/5 - Nicole	11:00-12:00	Adult Ballet / Worship Ballet - Erin	11:00-12:15	Beg Ele Modern/Tap - Jennifer
12:30-1:15	Pointe 2/3 - Nicole				
3:15-4:00	Preschool - SaraBeth				
4:00-5:00	Pre-Ballet & Tap - SaraBeth	4:00-5:00	Ballet 1B - Maddie	4:00-5:00	Ballet 1A - Maria
5:00-6:00	Company Rehearsal - Nicole	5:00-6:30	Ballet 4 - Eva	5:00-6:30	Ballet 5 - Whitney
6:00-7:30	Ballet 6 - Catherine/Nicole	6:30-7:15	Pointe 3 - Eva	6:30-7:30	Modern 2 - Whitney
7:30-8:15	Pointe 4 - Catherine/Eva	7:30-9:00	Ballet 4 - Nicole	7:15-8:15	Modern 3 - Hannah
8:15-9:00	Tap 2/3 - Hannah			8:15-9:00	Tap 4 - Eva
SATURDAY					
STUDIO A		STUDIO B		STUDIO C	
		9:15-10:00	Preschool - Emma	9:15-10:00	SN 1 - Katherine
		10:00-11:00	Pre-Ballet and Tap 1/2 - Emma	10:00-10:45	SN 2 - Katherine
		11:00-12:00	Ballet 1A - Emma	10:45-11:30	SN 3 - Katherine

Adonai School of Ballet & Fine Arts

Class Descriptions and Requirements:

Pre-School Ages (3-4): These classes encourage the joy of movement, creativity, and self-expression. Children will develop body and spatial awareness, musicality, and the dynamics of moving together as a group. Terminology and basic steps are introduced and an appreciation of French as the language of dance is developed.

Pre-Ballet & Tap (Ages 5-6): Establishes basic ballet vocabulary, barre, center work, and spatial awareness while still encouraging joy of movement. Tap will be introduced in this level as well. This class will perform a ballet piece in the Spring Concert. Appropriate for Kindergarten and 1st grade.

****Ballet 1-6** Continues training of ballet vocabulary by establishing more complex material, port de bras, and musicality. Ballet 1B – Ballet 6 students are placed by the Adonai staff based on ability and previous experience.

****Pre-Pointe:** This class is a pre-cursor to pointe. This class will focus on strengthening the foot and ankle, proper alignment and increasing endurance. Teacher placement is required and pre-pointe shoes are required for this class.

****Pointe:** Students who take pointe are required to take 2 weekly technique classes in addition to their pointe class.

****Worship Ballet:** This class will teach ballet technique while at the same time giving the students opportunities to explore ways to incorporate ballet into their worship. *Students must have completed at least 1 year of Ballet 1A, or equivalent, to enroll in Worship Ballet. Teacher will place based on ability and previous training.

Teen and Adult Ballet/Tap: This class is designed for older beginners or for students who haven't taken a class in a few years and need to catch up. Open for ages 10 and older.

Modern/Tap: These classes will be based on the techniques of classical ballet but will allow for more freedom of movement, improvisation, and expressing of oneself. These classes are available to students enrolled in Ballet 1-6. Teacher will place based on experience.

Stretch & Core (Ages 10 & up): This class will focus on improving flexibility and core strength using a variety of dynamic exercises. A thera-band and tennis ball will be required for this class. A yoga mat may be desired but is not required.

****Denotes teacher placement is required. Placement may not necessarily be done by age.**

Registration Information:

Registration will OPEN April 4, 2022 to current Adonai families, for the 2022/2023 school year! Classes are filled on a first come first serve basis. Once a class is full, a waiting list will be started. Do not hesitate in registering as some classes fill very quickly. New family registration will open May 10.

Class placement for current **Ballet 1B and higher and modern/tap classes** will be emailed to current Adonai families. Placement for Preschool, Pre-Ballet and Tap, and Ballet 1A classes will not be emailed. Please follow the guide below for your child's placement. If you are a new family, please email for placement or to set up a time for a placement class.

Quick Placement Guide (as of Sept 1, 2022):

Ages 3-4 – Register for Preschool class

Age 5/Kindergarten – 1st Grade – Register for Pre-Ballet & Tap

Age 7/Second Grade – Register for Ballet 1A and/or Beg Ele Modern/Tap