

School Year 2024-2025
September 9th - June 14th



Intermediate & Advanced

Refining Technique

Exploring Individuality

Enhancing Performance

Expressing Artistry

Our mission is to spread love and joy through the **Art of Dance**.

We are **Experts in the Field of Dance**, and can teach students to reach professional levels; but our approach develops the whole human. Our students gain **self awareness** and **life skills** that extend far beyond the studio!

We are thrilled to have the opportunity to share our **knowledge, expertise** and **passion** with our students and their families in a supportive, inspiring environment. Whether new or returning, we are excited to **welcome you to our community** for School Year 2024-2025!

AT ADA WE TEACH **SO MUCH MORE THAN DANCE.**

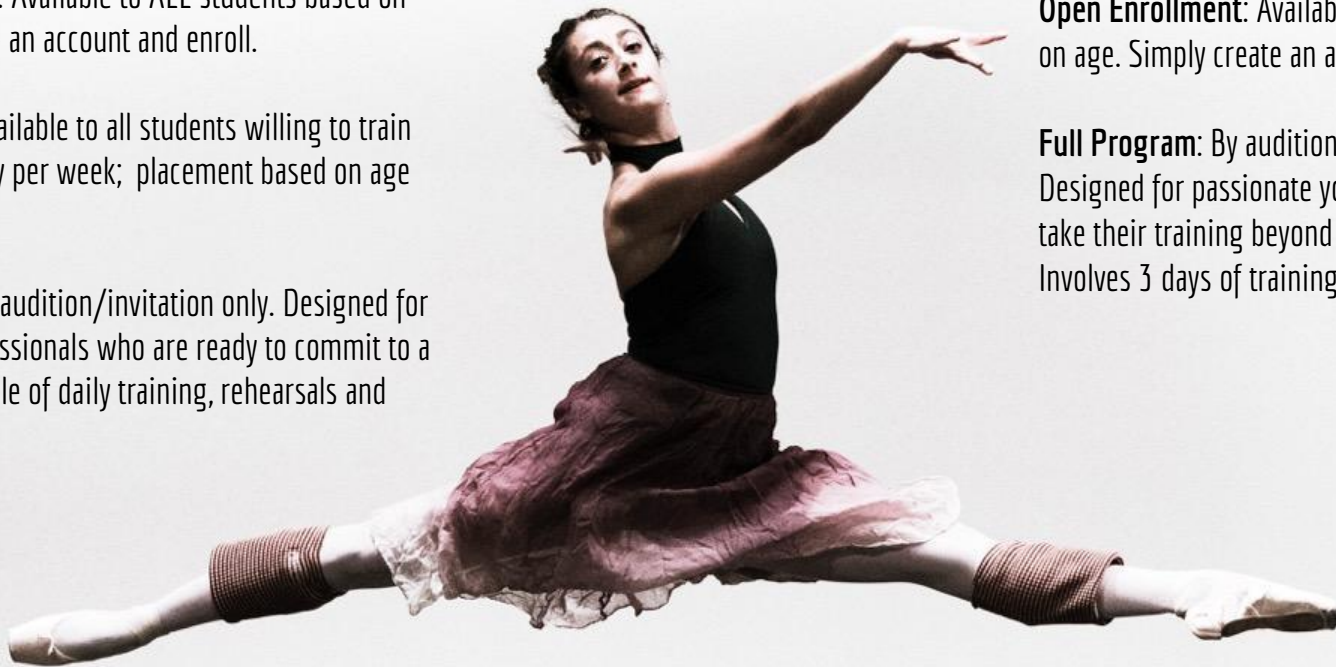


In Levels 5 and up ADA offers 3 tracks:

Open Enrollment: Available to ALL students based on age. Simply create an account and enroll.

Half Program: Available to all students willing to train more than one day per week; placement based on age and ability.

Full Program: By audition/invitation only. Designed for aspiring pre professionals who are ready to commit to a mandatory schedule of daily training, rehearsals and performing.



In Level 4 ADA offers 2 tracks:

Open Enrollment: Available to ALL students based on age. Simply create an account and enroll.

Full Program: By audition/invitation only. Designed for passionate young dancers ready to take their training beyond the recreational scope. Involves 3 days of training.

INTERMEDIATE & ADVANCED Approximate Ages 14+

DANCE
TECHNIQUE

EXPRESSION
ARTISTRY
CONFIDENCE

MUSICALITY
DYNAMICS
STYLE

JOY

FOOTWORK
LEG LINE
TURN OUT
ALIGNMENT

COORDINATION
PORT DE BRAS
EPAULEMENT

AWARENESS
SELF CARE
MANAGING TIME

FULL PROGRAM

DESIGNED FOR STUDENTS AIMING FOR A CAREER IN DANCE OR TO DANCE IN A REPUTABLE COLLEGE PROGRAM ON SCHOLARSHIP

AUDITION REQUIRED FOR NEW STUDENTS

MANDATORY SCHEDULE OF CLASSES

EXCLUSIVE CLASS, COACHING AND PERFORMANCE OPPORTUNITIES

ADA'S ONLY PROGRAM SUFFICIENT FOR THE ASPIRING PROFESSIONAL

PROGRAM OPTIONS

HALF PROGRAM

DESIGNED FOR STUDENTS WHO LOVE TO DANCE AND HAVE OTHER INTERESTS AND OR LIMITED AVAILABILITY

NO AUDITION, BUT PLACEMENT CLASS REQUIRED

CREATE YOUR OWN 2 OR 3 DAY SCHEDULE INCLUDING VARIOUS STYLES AND PERFORMANCE CLASSES

OPEN ENROLLMENT

DESIGNED FOR STUDENTS DANCING RECREATIONALLY OR AS A TRAINING SUPPLEMENT

NO AUDITION OR PLACEMENT CLASS REQUIRED

SUITABLE FOR THE ONCE A WEEK DANCER

INCLUDES CLASSES IN VARIOUS DANCE STYLES

FULL PROGRAM STUDENTS
IN REHEARSAL FOR
PERFORMANCE INTENSIVE



PHOTO CREDIT: SORI GOTTDENKER

INTERMEDIATE/ADVANCED FULL PROGRAM

IS A MANDATORY SET SCHEDULE FOR ADA'S PRE PROFESSIONALS. STUDENTS AIMING FOR A CAREER IN DANCE AND/OR LOOKING TO CONTINUE THEIR DANCE STUDIES AT A REPUTABLE COLLEGE ON SCHOLARSHIP ARE GUIDED TO DEVELOP THEIR POTENTIAL WITH PROFESSIONAL STANDARDS IN MIND. SOME CLASSES ARE SHARED WITH HALF PROGRAM STUDENTS AND/OR OPEN ENROLLMENT STUDENTS, HOWEVER FULL PROGRAM STUDENTS HAVE EXCLUSIVE CLASSES AND OPPORTUNITIES

BENEFITS

- Heavily Discounted Tuition Rate with Priority School Year Registration & No Registration Fee
- Exclusive Classes
- Quicker Improvement & Better Retention
- Increased Attention Span, Strength, Flexibility, Poise & Confidence
- Sense of Community with like minded students
- 18hrs Per Year of Excused Absences + Unlimited Make-Ups in Classes in any level
- Invite to Youth America Grand Prix (YAGP) Competition & Performance Intensive (add'l fees) Please note: If invited, Performance Intensive is mandatory for continued invitation to Full Program
- Parent Observed Ballet Assessment with Directors
- Personal Mentoring/Career Guidance with Directors as needed
- Individual conference at the Start of School Year
- **Exclusive Full Program Q&A with Directors 6/15 1:30-2:30**

PRICE

Full Program Classes:
\$660/month
(\$12/hr)

YAGP Variation
Coaching: \$450*

*Add'l Contemporary Solo Coaching Fees
May Apply

INTERMEDIATE & ADVANCED FULL PROGRAM SCHEDULE

MON	4:00-5:30 VICTORIA GREEN Ballet & Pointe EXCLUSIVELY Full Program Intermediate EXCLUSIVELY Full Program Advanced	5:30-7:30 BRIDGET TROCHIANO Modern w/Performance Prep EXCLUSIVELY Full Program Intermediate EXCLUSIVELY Full Program Advanced			Additional Rehearsals with CODA (Company of Dance Arts) *Additional Fee Occasional Fridays Between 5:00-8:00 <u>Saturdays</u> Between 1:15-6:45 (incl. break) <u>Sundays</u> Between 10:30-6:30 (incl. break)
TUES	IF INVITED: 4:15-5:15 BRIDGET TROCHIANO Performance Prep: Modern <i>*Students with excellent attendance and work ethic may be selected by the teacher to join this performance class</i>	5:15-7:15 ELAENEE NOWELL Ballet+ w/Perf Prep Half Program & Full Program Intermediate Half Program & Full Program Advanced Cardio Pilates/Ballet Barre, Injury Prevention, PBT, Perf Prep: Contemporary Pointe PBT info: https://www.pbt.dance/en	7:15-7:45 LUCY GAO Yoga & Stretch Open Enrollment & Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced <i>*Int & Adv FP must choose at least one of Tues Yoga, Thurs Springboard, and Sat Stretch & Condition</i>		
WED	4:15-6:15 SHAYNE MISHOE Classical Repertoire EXCLUSIVELY Full Program Intermediate EXCLUSIVELY Full Program Advanced <i>*Int & Adv FP may choose this or body conditioning and ballet w/ perf prep with MS</i> <i>Ballet w/ perf prep with MS may also be used as a make-up, but students in the performance piece need to attend weekly</i>	6:15-7:00 PAUL LIU Contemp Fusion w/Perf Prep <i>*A blend of concert, contemporary, commercial contemporary, floor work and hip hop</i> Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced	5:30-6:00 MICHELLE SYMOS Body Conditioning Open Enrollment, Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced <i>*Int & Adv FP may choose this and ballet w/ perf prep with MS or classical repertoire with SM</i>	7:00-8:30 MICHELLE SYMOS Ballet w/ Performance Prep Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced <i>*Int & Adv FP may choose this and body conditioning or classical repertoire with SM</i> <i>This class may also be used as a make-up, but students in the performance piece need to attend weekly</i>	
THUR	4:00-4:30 Group 1 & 4:30-5:00 Group 2 ELAENEE NOWELL Pilates Springboard Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced <i>*Int & Adv FP must choose at least one of Tues Yoga, Thurs Springboard, and Sat Stretch & Condition</i>	5:00-6:30 V STAMPFEL/M SYMOS/N MISHOE Ballet, Pointe & Variations Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced <i>*Open Enrollment students participate off pointe</i>	6:30-7:00 MICHELLE SYMOS Jumps & Turns Half Program & Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced <i>*Open Enrollment students must warm up before</i>		YAGP Coaching EXCLUSIVELY Full Program Students *Additional Fee Fridays Between 5:00-8:00 Saturdays Between 1:15-6:45
FRI	5:00-6:30 NICK MISHOE Full Program Ballet Coaching EXCLUSIVELY Full Program 10, Full Program Intermediate & Full Program Advanced				
SAT	11:00-11:30 LUCY GAO Stretch & Condition Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced <i>*Int & Adv FP must choose at least one of Tues Yoga, Thurs Springboard, and Sat Stretch & Condition</i>	11:30-1:00 SHAYNE MISHOE Ballet & Pointe Full Program 10 Half Program & Full Program Intermediate Half Program & Full Program Advanced			



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INTERMEDIATE/ADVANCED HALF PROGRAM

FOR STUDENTS WHO LOVE TO DANCE AND WANT THE FLEXIBILITY TO CREATE THEIR OWN 2 OR 3 DAY SCHEDULE. STUDENTS CAN TRAIN IN SEVERAL STYLES AND PERFORM!
CLASSES ARE SHARED WITH FULL PROGRAM STUDENTS AND/OR OPEN ENROLLMENT STUDENTS.

BENEFITS

- Discounted Tuition Rate
- No Audition but Placement Class Required
- Flexible Scheduling: Choose 2 or 3 days
(for 4+ days per week, please inquire about Full Program)
- Classes in All Styles
- Performance Classes & Consideration for Exclusive Performance Opportunities
- Make-Up Classes Available as needed in Any Level
- Consideration for Invite Only Summer Programs (add'l fees)
- Parent Observed Ballet Assessment w/Directors

TUITION INFO

- See schedule for approximate cost per month
- Tuition is billed monthly. Students may withdraw by the 15th of the month with no further obligation

INTERMEDIATE & ADVANCED HALF PROGRAM SCHEDULE

MON	<p>4:15-5:30 BRIDGET TROCIANO Modern Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p> <p><i>*Students in this class with excellent attendance and work ethic may be selected by the teacher to join a performance class on Tuesdays</i></p>	<p>5:30-6:30 ELAENEE NOWELL Ballet Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p>	<p>6:30-7:30 ELAENEE NOWELL Pointe Half Program & Full Program 10 Half Program Intermediate Half Program Advanced</p>	<p>Add'l Rehearsals with Company of Dance Arts *Additional Fee</p> <p><u>Occasional Fridays</u> Between 5:00-8:00</p> <p><u>Saturdays</u> Between 1:15-6:45 (incl. break)</p> <p><u>Sundays</u> Between 10:30-6:30 (incl. break)</p>	<p>2 Day Monthly Cost Mon & Tue = \$440 Mon & Wed = \$455 Mon & Thu = \$485 Mon & Sat = \$410</p> <p>Tue & Wed = \$410 Tue & Thu = \$440 Tue & Sat = \$365</p> <p>Wed & Thu = \$455 Wed & Sat = \$380</p> <p>Thu & Sat = \$410</p>				
TUES	<p>IF INVITED: 4:15-5:15 BRIDGET TROCIANO Performance Prep: Modern</p> <p><i>*Students with excellent attendance and work ethic may be selected by the teacher to join this performance class</i></p>	<p>5:15-7:15 ELAENEE NOWELL Ballet w/Perf Prep Half Program & Full Program Intermediate Half Program & Full Program Advanced Cardio Pilates/Ballet Barre, Injury Prevention, PBT, Perf Prep: Contemporary Pointe PBT info: https://www.pbt.dance/en</p>	<p>7:15-7:45 LUCY GAO Yoga & Stretch Open Enrollment & Full Program 10 Open Enrollment, Half Program & Full Program Inter Open Enrollment, Half Program & Full Program Adv</p>			<p>7:00-7:45 CATHERINE ESCUETA Contemporary w/Perf Prep *Dynamic warm up, phrase work & choreography emphasizing artistic exploration and versatility</p> <p>Open Enrollment, Half Program & Full Program Inter Open Enrollment, Half Program & Full Program Adv</p>	<p>3 Day Monthly Cost Mon, Tue, Wed = \$605 Mon, Tue, Thu = \$625 Mon, Tue, Sat = \$560 Mon, Wed, Thu = \$635 Mon, Wed, Sat = \$575 Mon, Thu, Sat = \$605</p> <p>Tue, Wed, Thu = \$605 Tue, Wed, Sat = \$530 Tue, Thu, Sat = \$560</p> <p>Wed, Thu, Sat = \$575</p>		
WEDS	<p>5:30-6:00 MICHELLE SYMOS Body Conditioning Open Enrollment, Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p>	<p>6:15-7:00 PAUL LIU Contemp Fusion w/Perf Prep *A blend of concert contemporary, commercial contemporary, floor work and hip hop</p> <p>Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>	<p>7:00-8:30 MICHELLE SYMOS Ballet w/ Performance Prep Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p> <p>May be joined by FP Intermediate & Advanced</p>					<p>Exclusive Full Program Day</p>	
THUR	<p>4:00-4:30 Group 1 & 4:30-5:00 Group 2 ELAENEE NOWELL Pilates Springboard Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>	<p>5:00-6:30 V STAMPFEL/M SYMOS/N MISHOE Ballet, Pointe & Variations Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p> <p>*Open Enrollment students participate off pointe</p>	<p>6:30-7:00 MICHELLE SYMOS Jumps & Turns Half Program & Full Program 10 Open Enrollment, Half Program & Full Program Inter Open Enrollment, Half Program & Full Program Adv</p> <p>*Open Enrollment students must warm up before</p>	FRI	<p>11:00-11:30 LUCY GAO Stretch & Condition Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>	<p>11:30-1:00 SHAYNE MISHOE Ballet & Pointe Full Program 10 Half Program & Full Program Intermediate Half Program & Full Program Advanced</p>			

ADA Students performing in The Company of Dance Arts' production of The Nutcracker



INTERMEDIATE/ADVANCED OPEN ENROLLMENT PROGRAM

FOR STUDENTS DANCING RECREATIONALLY OR AS A TRAINING SUPPLEMENT FOR OTHER ACTIVITIES.
CONSISTS OF SEVERAL CLASS CHOICES AND INCLUDES A PERFORMANCE CLASS!
CLASSES WILL BE SHARED WITH HALF AND/OR FULL PROGRAM STUDENTS.

BENEFITS

- No Audition Required; Simply Create an Account & Enroll!
- Classes in Various Styles
(for 3+ classes per week, please inquire about Half Program)
- Performance Classes
- Make-Up Classes Available as needed in Any Level

TUITION INFO

- See schedule for cost per month
 - Tuition is billed monthly.
Students may withdraw by the
15th of the month with no further
obligation

INTERMEDIATE & ADVANCED OPEN ENROLLMENT SCHEDULE

MON	<p>4:15-5:30 BRIDGET TROCIANO \$131.25/mo Modern Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p> <p><i>*Students in this class with excellent attendance and work ethic may be selected by the teacher to join a performance class on Tuesdays*</i></p>	<p>5:30-6:30 ELAENEE NOWELL \$105/mo Ballet Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p>		<p>Additional Rehearsals with CODA (Company of Dance Arts) *Additional Fee</p> <p><u>Occasional Fridays</u> Between 5:00-8:00</p> <p><u>Saturdays</u> Between 1:15-6:45 (incl. break)</p> <p><u>Sundays</u> Between 10:30-6:30 (incl. break)</p>
TUE	<p>6:30-7:30 LEAH BRANDSTETTER \$105/mo Pointe Ages 16+ & Adult Intermediate & Advanced</p>	<p>7:15-7:45 LUCY GAO \$52.50/mo Yoga & Stretch Open Enrollment & Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>	<p>7:30-9:00 LEAH BRANDSTETTER \$157.50/mo Ballet Ages 16+ & Adult Intermediate & Advanced</p>	
WED	<p>5:30-6:00 MICHELLE SYMOS \$52.50/mo Body Conditioning Open Enrollment, Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p>	<p>6:15-7:00 PAUL LIU \$78.75/mo Contemp Fusion w/Perf Prep <i>*A blend of concert contemporary, commercial contemporary, floor work and hip hop</i> Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>	<p>7:00-8:30 MICHELLE SYMOS \$157.50/mo Ballet w/ Performance Prep Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced</p> <p>*May be joined by Full Program Intermediate & Advanced</p>	
THU	<p>4:00-4:30 Group 1 & 4:30-5:00 Group 2 \$52.50/mo ELAENEE NOWELL Pilates Springboard Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>	<p>5:00-6:30 V STAMPFEL/M SYMOS/N MISHOE \$157.50 Ballet, Pointe & Variations Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p> <p>*Open Enrollment students participate off pointe</p>	<p>6:30-7:00 MICHELLE SYMOS \$52.50/mo Jumps & Turns Half Program & Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p> <p>*Open Enrollment students must warm up before</p>	
FRI	<p>Exclusive Full Program Day</p>			
SAT	<p>9:30-11:00 NICK MISHOE \$157.50/mo Ballet Ages 16+ & Adult Intermediate & Advanced</p>	<p>11:00-11:30 LUCY GAO \$52.50/mo Stretch & Condition Full Program 10 Open Enrollment, Half Program & Full Program Intermediate Open Enrollment, Half Program & Full Program Advanced</p>		

PERFORMANCE PREP CLASSES

Any classes that include “Performance Prep” or “Perf Prep” in their title are creating a piece for the End Of Year Performance, which is held in-studio for levels 4 and below and in a professional theater for levels 5+.

Definite performance dates between early May and mid June will be announced when we have secured a date with the theater.

In January, students sign a commitment form, and pay a nominal fee. Excellent attendance is required in all Perf Prep classes so that the class can progress and create as a cohesive group. 3 absences between January-April may result in removal from a piece.



DRESS CODE

- ADA WELCOMES STUDENTS OF ALL GENDER IDENTITIES & EXPRESSIONS AND BELIEVES IN FOSTERING AN INCLUSIVE ENVIRONMENT
- ADHERING TO A SIMPLE DRESS CODE CREATES A FOCUSED CLASSROOM AND DISPLAYS RESPECT FOR THE ART OF DANCE
- STUDENTS SELECT FROM THE BELOW LIST OF ACCEPTABLE CLASSWEAR AND MUST APPEAR NEAT & TIDY FOR CLASSES
- STUDENTS MUST STYLE HAIR SECURELY AWAY FROM FACE IN A BUN OR SIMILAR AND/OR WITH A HEADBAND AND/OR USING PRODUCT
- UNIFORM ITEMS MUST BE PURCHASED IN OUR ONLINE STORE
- OPTIONAL ADDITIONAL ITEMS ARE ALSO AVAILABLE FOR PURCHASE IN OUR ONLINE STORE
- ITEMS NOT AVAILABLE IN OUR ONLINE STORE ARE AVAILABLE AT COPPELIA IN SPRING LAKE OR ONLINE AT DISCOUNT DANCE SUPPLY
- ITEMS SHOULD BE ORDERED AS SOON AS POSSIBLE; ORDERS TAKE 4-6 WEEKS TO ARRIVE

BASIC DRESS CODE ITEMS

UNIFORM LEOTARD*
WITH SKIN COLORED TIGHTS AND SHOES

AND/OR

BLACK FOOTLESS TANK UNITARD WITH
WHITE SOCKS AND WHITE SHOES OR
SOCKLESS WITH SKIN COLORED SHOES

*AVAILABLE IN ONLINE STORE

OPTIONAL ADDITIONAL ITEMS

BLACK, WHITE OR UNIFORM COLOR
CLOSE FITTING TEE*

TUTU* (various colors)
(FOR USE DURING CLASS W/TEACHER PERMISSION)

ADA WARM UPS*
(ONLY FOR FIRST PART OF CLASS W/TEACHER PERMISSION)

*AVAILABLE IN ONLINE STORE

SECURITY

- AS PART OF ADA'S ONGOING COMMITMENT TO STUDENT, FACULTY & STAFF SAFETY, EVERYONE ENTERING ADA'S FACILITY MUST HAVE AN ACCESS CARD BY OCTOBER 15th. CARDS NOT ORDERED BY OCTOBER 14th WILL BE ADDED TO NOVEMBER TUITION.
- ACCESS CARDS CAN BE PURCHASED IN THE ONLINE STORE AND THEN PICKED UP AT ADA'S RECEPTION WINDOW. PRICING IS AS FOLLOWS:
 - \$25 FOR 1 CARD
 - \$45 FOR 2 CARDS
 - \$60 FOR 3 CARDS
 - \$75 FOR 4 CARDS



ADA's Exceptional Referral Program:

Bring a friend to dance at ADA and if they register for the school year you get \$100 Off your May tuition*!

*Referred student must be enrolled for at least 3 month of the school year

DANCE WITH US IN INTERMEDIATE & ADVANCED



Register through your portal at:
<https://dancestudio-pro.com/online/adanj>

Or Contact our Experienced Office Staff for Assistance:
info@ADANJ.com 732.709.7792