

SCHOOL YEAR 2024-2025  
September 9th-June 14th



# LEVEL 10

Elevating Technique  
Deepening Understanding  
Developing 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.**

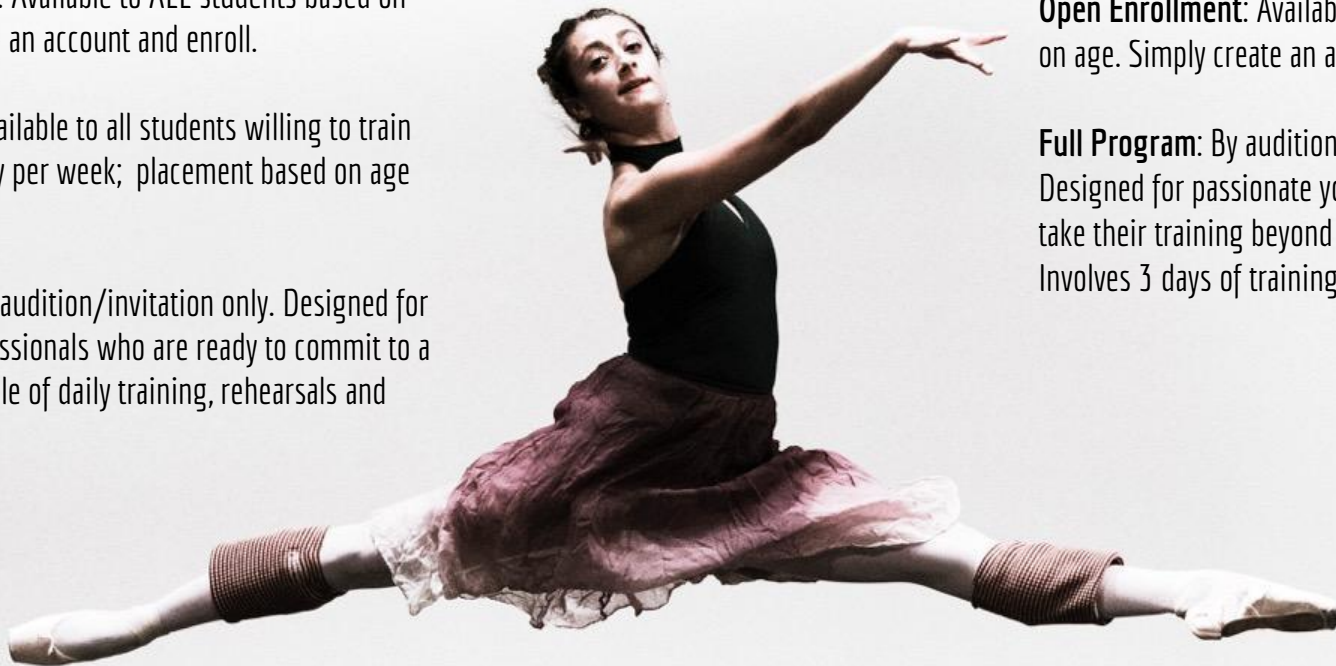


## In Levels 5 and up ADA offers 3 tracks:

**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.

# LEVEL 10 APPROXIMATE AGES 13-14

DANCE  
TECHNIQUE

EXPRESSION  
ARTISTRY  
CONFIDENCE

MUSICALITY  
DYNAMICS  
PRESENTATION

JOY

FOOTWORK  
LEG LINE  
TURN OUT  
ALIGNMENT

COORDINATION  
PORT DE BRAS  
EPAULEMENT

AWARENESS  
RESPECT  
FOR THE  
ARTS

## PROGRAM OPTIONS

### FULL PROGRAM

DESIGNED FOR STUDENTS PASSIONATE ABOUT DANCE AND CONSIDERING 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

### 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

# LEVEL 10 FULL PROGRAM

IS A MANDATORY SET SCHEDULE FOR STUDENTS PASSIONATE ABOUT THE ART OF DANCE AND CONSIDERING A CAREER IN DANCE AND/OR LOOKING TO CONTINUE THEIR DANCE STUDIES AT A REPUTABLE COLLEGE ON SCHOLARSHIP. DANCERS 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 at Level 10 or below and, with Permission, in a Higher Level
- Invite to Youth America Grand Prix (YAGP) Competition & Pre Performance Intensive (add'l fees)  
Please note: If invited, Pre Performance Intensive is mandatory for continued invitation to Full Program
- Parent Observed Ballet Assessment with Directors
- **Exclusive Full Program Q&A with Directors 6/15 1:30-2:30**

## PRICE

**Full Program Classes:**

**\$675/month**

(\$11/hr)

**YAGP Variation  
Coaching: \$450\***

\*Add'l Contemporary Solo Coaching Fees  
May Apply

# LEVEL 10 FULL PROGRAM SCHEDULE

<p>MON</p>	<p><b>4:30-5:00</b> ELAENEE NOWELL <b>Pilates Springboard</b> EXCLUSIVELY Full Program 10 - group 1</p> <p><b>5:00-5:30</b> ELAENEE NOWELL <b>Pilates Springboard</b> EXCLUSIVELY Full Program 10 - group 2</p>	<p><b>5:30-6:30</b> VICTORIA GREEN <b>Ballet</b> EXCLUSIVELY Full Program 10</p>	<p><b>6:30-7:30</b> ELAENEE NOWELL <b>Pointe</b> Half Program &amp; Full Program 10 Half Program Intermediate Half Program Advanced</p>	<p><b>7:30-8:15</b> ELAENEE NOWELL <b>Performance Prep: Pointe</b> EXCLUSIVELY Full Program 10</p>	<p><b>Additional Rehearsals with CODA (Company of Dance Arts)</b> Additional fee required</p> <p><b>Occasional Fridays</b> Between 5:00-8:00</p> <p><b>Saturdays</b> Between 1:15-6:45 (incl break)</p> <p><b>Sundays</b> Between 10:30-6:30 (incl break)</p>
<p>TUES</p>	<p><b>4:00-5:30</b> VIORICA STAMPFEL <b>Ballet &amp; Variations</b> EXCLUSIVELY Full Program 10</p>	<p><b>5:30-7:15</b> BRIDGET TROCHIANO <b>Modern w/ Performance Prep</b> EXCLUSIVELY Full Program 10</p>	<p><b>7:15-7:45</b> LUCY GAO <b>Yoga &amp; Stretch</b> Open Enrollment &amp; Full Program 10 Open Enrollment, Half Program &amp; Full Program Inter Open Enrollment, Half Program &amp; Full Program Advanced <i>*FP 10 must choose Tues Yoga or Sat Stretch &amp; Condition</i></p>		
<p>WEDS</p>	<p><b>4:15-5:30</b> MICHELLE SYMOS <b>Ballet &amp; Pointe</b> Half Program &amp; Full Program 10</p>	<p><b>5:30-6:00</b> MICHELLE SYMOS <b>Body Conditioning</b> Open Enrollment, Half Program &amp; Full Program 10 Open Enrollment &amp; Half Program Intermediate Open Enrollment &amp; Half Program Advanced</p>	<p><b>6:00-7:00</b> MICHELLE SYMOS <b>Performance Prep: Ballet</b> Half Program &amp; Full Program 10</p>	<p><b>7:00-7:45</b> PAUL LIU <b>Contemporary &amp; Hip Hop Fusion w/ Performance Prep</b> Open Enrollment, Half Program &amp; Full Program 10</p>	
<p>THUR</p>	<p><b>5:00-5:30</b> ELAENEE NOWELL <b>Pilates w/ Props</b> Half Program 6 Open Enrollment &amp; Half Program 8 Open Enrollment, Half Program &amp; Full Program 10</p>	<p><b>5:30-6:30</b> MICHELLE SYMOS / NICK MISHOE / VIORICA STAMPFEL <b>Ballet</b> Half Program &amp; Full Program 10</p>	<p><b>6:30-7:00</b> MICHELLE SYMOS <b>Jumps &amp; Turns</b> Half Program &amp; Full Program 10 Open Enrollment, Half Program &amp; Full Program Inter Open Enrollment, Half Program &amp; Full Program Advanced</p>	<p><b>7:00-7:45</b> MICHELLE SYMOS <b>Pointe</b> Half Program &amp; Full Program 10</p> <p><b>7:45-8:30</b> CATHERINE ESCUETA <b>Contemporary w/ Perf Prep</b> Half Program &amp; Full Program 10</p>	
<p>FRI</p>	<p><b>5:00-6:30</b> NICK MISHOE <b>Full Program Ballet Coaching</b> EXCLUSIVELY Full Program 10, Full Program Intermediate &amp; Full Program Advanced</p>				<p><b>Fridays</b> Between 5:00-8:00</p> <p><b>Saturdays</b> Between 1:15-6:45</p>
<p>SAT</p>	<p><b>11:00-11:30</b> LUCY GAO <b>Stretch &amp; Condition</b> Full Program 10 Open Enrollment, Half Program &amp; Full Program Intermediate Open Enrollment, Half Program &amp; Full Program Advanced <i>*FP 10 must choose Tues Yoga or Sat Stretch &amp; Condition</i></p>	<p><b>11:30-1:00</b> SHAYNE MISHOE <b>Ballet &amp; Pointe</b> Full Program 10 Half Program &amp; Full Program Intermediate Half Program &amp; Full Program Advanced</p>			



ADA Students and Director, Nick Mishoe  
Performing with The Company of Dance  
Arts in The Nutcracker at Count Basie  
Center for The Arts



## LEVEL 10 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 Required, 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 at or Below Level 10
- 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



# LEVEL 10 HALF PROGRAM SCHEDULE

MON	<b>5:30-6:30</b> ELAENEE NOWELL <b>Ballet</b> Half Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced	<b>6:30-7:30</b> ELAENEE NOWELL <b>Pointe</b> Half Program & Full Program 10 Half Program Intermediate Half Program Advanced			<b>2 Day Monthly Cost</b>  Mon & Wed = \$425 Mon & Thu = \$425 Mon & Sat = \$305  Wed & Thu = \$515 Wed & Sat = \$395
TUES	Exclusive Full Program Day				
WEDS	<b>4:15-5:30</b> MICHELLE SYMOS <b>Ballet &amp; Pointe</b> Half Program & Full Program 10	<b>5:30-6:00</b> MICHELLE SYMOS <b>Body Conditioning</b> Open Enrollment, Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced	<b>6:00-7:00</b> MICHELLE SYMOS <b>Performance Prep: Ballet</b> Half Program & Full Program 10	<b>7:00-7:45</b> PAUL LIU <b>Contemporary &amp; Hip Hop Fusion w/ Performance Prep</b> Open Enrollment, Half Program & Full Program 10	Wed & Thu = \$515 Wed & Sat = \$395  Thu & Sat = \$395
THUR	<b>5:00-5:30</b> ELAENEE NOWELL <b>Pilates w/ Props</b> Half Program 6 Open Enrollment & Half Program 8 Open Enrollment, Half Program & Full Program 10  <b>5:30-6:30</b> M SYMOS / N MISHOE / V STAMPFEL <b>Ballet</b> Half Program & Full Program 10	<b>6:30-7:00</b> MICHELLE SYMOS <b>Jumps &amp; Turns</b> Half Program & Full Program 10 Open Enrollment, Half Program & Full Program Inter Open Enrollment, Half Program & Full Program Adv	<b>7:00-7:45</b> MICHELLE SYMOS <b>Pointe</b> Half Program & Full Program 10  <b>7:45-8:30</b> CATHERINE ESCUETA <b>Contemporary w/ Perf Prep</b> Half Program & Full Program 10	<b>Additional Rehearsals with CODA (Company of Dance Arts)</b> Additional fee required  <u>Occasional Fridays</u> 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)	
FRI	Exclusive Full Program Day				
SAT	<b>11:30-1:00</b> MICHELLE SYMOS <b>Ballet, (Pre) Pointe &amp; Conditioning</b> Half Program 8 Half Program 10				

FULL PROGRAM STUDENT  
SHOWING LOVELY LINE!



## LEVEL 10 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 at or Below Level 10

### 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

# LEVEL 10 OPEN ENROLLMENT SCHEDULE

MON	<b>4:15-5:45</b> LUCY GAO \$157.50/mo <b>Ballet Foundation 2 &amp; Stretch</b> Ages 12+ Half Program 8	<b>5:45-6:30</b> DAN PETERSON <b>Tap Foundation Mini Courses</b> <b>\$100 per course (5 classes)</b> Ages 10+ Course Dates TBA	<p><b>Additional Rehearsals with CODA (Company of Dance Arts)</b> Additional fee required</p> <p><b><u>Occasional Fridays</u></b> Between 5:00-8:00</p> <p><b><u>Saturdays</u></b> Between 1:15-6:45 (incl break)</p> <p><b><u>Sundays</u></b> Between 10:30-6:30 (incl break)</p>
TUES	Exclusive Full Program day		
WEDS	<b>5:30-6:00</b> MICHELLE SYMOS \$52.50/mo <b>Body Conditioning</b> Open Enrollment, Half Program & Full Program 10 Open Enrollment & Half Program Intermediate Open Enrollment & Half Program Advanced	<b>7:00-7:45</b> PAUL LIU \$78.75/mo <b>Contemporary &amp; Hip Hop Fusion w/ Performance Prep</b> Open Enrollment, Half Program & Full Program 10	
THUR	<b>5:00-5:30</b> ELAENEE NOWELL \$52.50/mo <b>Pilates w/ Props</b> Half Program 6 Open Enrollment & Half Program 8 Open Enrollment, Half Program & Full Program 10	<b>5:30-6:15</b> LUCY GAO \$78.75/mo <b>Ballet Foundation 1 &amp; 2</b> Ages 10+  <b>6:15-7:00</b> CATHERINE ESCUETA \$78.75/mo <b>Modern w/ Performance Prep</b> Half Program & Full Program 8 Open Enrollment 10	
FRI	Exclusive Full Program day		
SAT	<b>11:30-1:00</b> LINDA MINNELLA & LEAH BRANDSTETTER \$157.50/mo <b>Pilates (LM 11:30-12:00) &amp; Ballet Foundation 1 &amp; 2 (LB 12:00-1:00)</b> Ages 10+ Open Enrollment, Half Program & Full Program 6		

## 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

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# DANCE WITH US

## IN LEVEL 10

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

