

Class Descriptions

Ballet- Teaches the students fundamentals of ballet technique combined with the joy of self-expression through dance. The curriculum presents a blend of French, Russian and Italian technique.

Jazz- Focusing on technique, musicality improvisation and overall dance fitness. The progressive elements, encourages a blend of distinct styles using music from both traditional and contemporary jazz greats.

Modern- Designed to introduce rhythm, level and direction changes, differences in movement qualities, and dynamic action between dancers and music.

Creative Dance- Explore the joy of movement through the elements of space, time and energy. The course develops the creative potential, builds self-esteem and helps all students experience success.

Tap- Explores percussive and rhythmic elements of tap. A fun class for all ages!

Hip-Hop- Come break, lock and pop with ADT. For the experienced technical dancer or the dancer who just wants to have fun! Explore the styles of hip hop through choreography and hip hop music.

American Tribal Style- A modern style of belly dance inspired from the folkloric dances of Egypt and the Middle East fused with the esthetic of classical art.

Broadway- Step into the spotlight with great moves and music! A class for the dancer and musical theater lover in us all.

Boys Dance- FOR BOYS ONLY. A great way to build strength, balance, and control. Students will learn to tumble and tour all in one class.

Dance Industry Skills- Conditioning and technique for the dancer who wants to add skills in tumbling, turning, leaping, and falling. Beneficial for the Advanced Dancer in all Disciplines.

Movement Corps- Alaska Dance Theatre's Movement Corps is a youth program that provides mentorship and performance opportunities to advanced students emphasizing our commitment to community engagement. Enrollment by audition only.

Zumba*-A unique combination of fitness, Latin, and international music and dance movements.

Move[Me] Fit*-Our class, taught by a classically trained Pilates instructor is designed to lengthen and strengthen your body. This class goes beyond your typical gym experience and gives you knowledge and confidence. In this class the students will get hands on guidance to help attain a higher fitness level. We will learn about our bodies strengths and weaknesses, and use that knowledge to gain, stamina, flexibility, coordination, and muscle tone. Let's move!

Pilates for Seniors*-This class is for anyone 50 years of older. Do you feel like most of the group classes out there aren't for you? This Pilates class is specifically designed to start at a basic level and move at the students pace. There will be plenty of stretching and boy awareness exercises, as well as breathing techniques to help build endurance for daily activities.

All level 1 through advanced level classes require evaluation and instructor approval for placement.

**Youth Program – 10-14 years old
Adult Program – 15+ years old**

Showcase Fee - \$65.00 per eligible class

***Fitness Class Prices**

**Zumba, Pilates, Move[Me]Fit,
Stretch/ Conditioning**

No registration fee required for fitness program

Drop In rate.....\$7

10 Class Card.....\$60

Tuition is not refundable

Tuition

Annual Registration fee per student...\$60

1 class per week.....\$595

2 classes per week.....\$1088

3 classes per week.....\$1479

4 classes per week.....\$1870

5 classes per week.....\$2261

6 classes per week.....\$2652

5 Class Card*.....\$95

12 Class Card*.....\$216

* Can be used for ONLY Adult Classes

Level II or Higher

Registration fee and Tuition are not refundable

**2011-2012
School Schedule**

(Includes new classes.)

School Session

August 22, 2011–May 12, 2012

Holidays (No Classes)

MLK Jr. Birthday – January 16

Presidents Day – February 20

Spring Break – March 12-17

Snowdays – Follow ASD

Observation Weeks

February 6-February 11

April 2-April 7

Monday – Saturday

School Showcase

May 18, 2012 & May 19, 2012

Workshop Schedule Available
Online

550 E. 33rd Avenue
Anchorage, Alaska 99503

For more information
Call (907)-277-9591

Updated Schedule & Calendar
available online at
alaskadancetheatre.org

Ballet

Introduction to Children's Ballet

**Must be 6 yrs. old at registration*

Monday 4:30-5:30

Wednesday 4:30-5:30 (NEW SPRING)

Wednesday 5:30-6:30

Saturday 12:00-1:00

Children's Ballet I

Monday 5:30-6:30

Wednesday 4:00-5:00

Saturday 10:00-11:00

Children's Ballet II

Monday 5:30-6:30

Thursday 4:30-5:30

Saturday 11:00-12:00

Children's Ballet III

**Required twice a week*

Monday/Wednesday 6:00-7:00

Tuesday/Thursday 4:30-5:30

Children's Ballet IV

**Required twice a week*

Monday/Wednesday 4:30-6:00

Tuesday/Thursday 4:00-5:30

Children's Ballet V

**Must enroll in all classes for this division*

Monday 4:30-6:00

Wednesday 4:30-6:00

Wednesday 6:00-6:45 *Pre Pointe or Beg Pointe*

Friday 4:00-5:30

Ballet VI

**Must enroll in all classes for this division & min. 1 Rep. class*

w/Pointe Monday 6:00-7:30

Tuesday 5:30-7:00

w/Pointe Wednesday 5:00-6:00

Thursday 5:30-7:00

Ballet VII

**Must enroll in all classes for this division & min. 1 Rep. class*

w/Pointe Monday 6:00-8:00

Tuesday 4:30-6:00

w/Pointe Wednesday 6:00-8:00

Friday 4:00-5:30

Introduction to Youth Ballet

Wednesday 5:00-6:00

Youth Ballet I

Wednesday 7:00-8:15

Youth Ballet II

Monday 7:30-8:45

Introduction to Adult Ballet

Monday 6:30-7:45

Adult Ballet I

Tuesday 9:45-11:00

Wednesday 6:30-8:00

Thursday 9:45-11:00

Saturday 1:15-2:45 (NEW SPRING)

Adult Ballet II

Tuesday 6:00-7:30

Thursday 6:00-7:30

Saturday 1:15-2:45 (NEW SPRING)

Intermediate/Advanced Ballet

Tuesday 6:00-7:30

Thursday 6:00-7:30

Saturday 12:00-1:30

Jazz

Introduction to Children's Jazz

**Must be 6 yrs. old at registration*

Saturday 9:00-10:00

Children's Jazz I

Monday 4:30-5:30

Saturday 11:00-12:00

Children's Jazz II

Monday 4:30-5:30

Saturday 12:00-1:00

Children's Jazz III

Thursday 5:30-6:30

Children's Jazz IV

Tuesday 5:30-6:45

Jazz V

Tuesday 5:30-6:45

Jazz VI

Tuesday 7:00-8:30

Jazz VII

Saturday 3:00-4:30

Youth Jazz I

Thursday 5:30-6:30

Youth Jazz II

Thursday 6:30-7:30

Advanced/Open Division

Tuesday 7:00-8:30

Tap

Introduction to Children's Tap

**Must be 7 yrs. old at registration*

Saturday 10:00-11:00

Children's Tap I

Saturday 9:00-10:00

Youth Tap I

Monday 6:30-7:30

Youth Tap III

Saturday 11:45-1:15

Introduction to Adult Tap

Thursday 7:30-8:30

Adult Tap II

Thursday 6:15-7:30

Intermediate Tap

Monday 7:30-8:45

Leon Collins Class

**1yr experience w/ teachers permission*

Saturday 1:30-2:45

Modern

Introduction to Youth Modern

Tuesday 5:15-6:15

Youth Modern I

Tuesday 4:00-5:15

Youth Modern II

Thursday 4:15-5:30

Adult Modern I

Wednesday 7:00-8:00

Adult Modern II

Thursday 5:30-7:00

Intermediate Modern

Thursday 7:00-8:30

Advanced Modern

Thursday 7:00-8:30

Hip Hop

Hip Hop 8-10 Years Old

Saturday 10:00-11:00

Hip Hop 11-14 Years Old

Monday 7:00-8:00

Adult Hip Hop 15+

Saturday 3:00-4:00

Creative Movement

Discovery 3+

Thursday 12:00-12:45

Saturday 9:00-10:00 (NEW SPRING)

Saturday 10:00-10:45

Creative Movement 4+

Monday 4:00-5:00

Thursday 1:00-2:00

Saturday 9:00-10:00 (NEW SPRING)

Saturday 11:00-12:00

Creative Movement 5+

Monday 5:00-6:00

Saturday 9:00-10:00

Saturday 12:00-1:00

Belly Dance

**Must be 15 yrs. old at reg. or w/ instructor approval*

American Tribal Style Fundamentals

Tuesday 7:00-8:00 (NEW SPRING)

American Tribal Style Intermediate

Tuesday 8:00-9:15

American Tribal Style Advanced

Thursday 7:30-8:30

Broadway Dance

Beginning

Tuesday 7:00-8:15 (NEW SPRING)

Intermediate

Thursday 7:00-8:15

Specialties

Boys Dance **Must be 8 yrs. old at registration*

Tuesday 5:45-7:00

Boys Class/Partnering

Thursday 5:00-6:00 (by invite only, please inquire)

Dance Industry Skills

Saturday 1:30-3:00

Alaska Native Dance (FREE) *Ages 6-Adult

Saturday 1:00-2:00pm 5-weeks

(1/28, 2/4, 2/11, 2/18, 2/25)

Fitness*

Pilates For Seniors (ages 50+) March 19-May 7

Monday 12:00-1:00

Zumba

Wednesday 7:00-8:00

Saturday 9:00-10:00 (NEW SPRING)

Special Event: FREE Zumba Party

Friday January 6 6:30- 7:30

Move[Me] Fit

Wednesday 11:00-12:00

Friday 12:00-1:00