

Adirondack Dance Company & Liturgical Dance Troupe

The Company & Dance Troupe is always looking for dancers. All are welcome to audition and it does not matter where you take your dance classes. Productions are open to all!

The Liturgical Dance Troupe is looking for 6th Graders and up to participate in worship services throughout the North Country & other community events. The Troupe presents a Liturgical Dance Concert each year. A highlight of the Troupe was being selected to dance at the United Methodist Church General Conference in Ft. Worth, TX, 2008.

The Company will be participating in events throughout the year with a spring performance, as it's major focus. This past spring, the Company premiered in Plattsburgh, *The Little Mermaid* and an Evening of the Arts. We will be producing *The Snow Queen* as a spring event in 2015.



Adirondack Dance Company
Snow White & An Evening of the Arts



Adirondack Liturgical Dance Troupe



Adirondack Dance Academy
23 Durkee St., Plattsburgh, NY
518-335-7385

Adirondack Dance Academy



Jete into Dance!

Sept. 15- June 21, 2015
www.adirondackdance.com



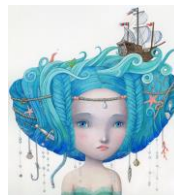
Adirondack Dance Academy is offering dance training for all levels. The Academy follows the principles of Enrico Cecchetti and offers Cecchetti Ballet Exams each year. The director, Kathy Koester, has attained the level of Licentiate, Cecchetti USA through qualifying teachers' exams. Technique, Pointe, Variations, conditioning, anatomy & choreography workshops will be a part of the curriculum.

Our goal is to present a positive & focused atmosphere with age appropriate curriculum. For younger dancers, learning proper technique, the French terminology and spatial awareness with movement is part of the curriculum. Older dancers will develop their choreographic skills, technique, pointe work along with learning anatomical terminology as it applies to dance. Parents are invited to view their dancer's work at designated times during the year. Dancers are invited to take Cecchetti exams as they progress through their training.

Another goal is to strengthen dancers for pointe work (when age appropriate) or gymnastics/ice skating. All students will work on strengthening their feet and ankles along with improving their turn out.

Zumba, Zumba Toning & Zumba Kids will continue to be offered as a form of conditioning. Please inquire about the sessions. This fall we will begin our Belly Dance Classes, plus offer a new Barre Cardio Class. It is a fun way to exercise

Contact the Director for further information & a registration packet, 518-335-7385.



CLASS SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Ballet 3 - 4 Adv Ballet Barre Exercise	Ballet 3 - 4 Adv Ballet, Pointe & Lyrical Adult Ballet	Ballet 2 Adv. Ballet, Pointe & Variations	Kinder/ primary Ballet 1 Barre Cardio	Belly Dance Boy's Movement Class Jazz/Modern	Ballet Grade 2-4 & Character Adv. Ballet, Character & Pointe
4:15-5:15 5:15-7:00 7:00 - 8:00	4:15-5:15 5:15-7:30 7:30-8:30	4:15-5:15 5:15-7:45	4:15-5:00 5-6:00 6:00-7:00	-4:00 - 5:00 5:00-6:00 6:00-7:15	9:30 - 11:00 10:30 - 1:00

*Classes are added based on enrollment.



Exam Classes scheduled as needed during the year. Liturgical Dance Troupe and auditions for productions held during the year. Summer sessions also held during July/Aug.