



2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
(AGES 7-25)
AUDITION REQUIRED

Ballet Hispánico's pre-professional & professional training program, La Academia, trains eclectic, versatile dancers who stand out in a competitive field of dance for their mastery of the classical ballet tradition, modern dance & contemporary techniques, Spanish Dance, and performance skills. This program is designed to support dedicated dance students interested in immersing themselves into the joy and rigor of dance training and is especially supportive to students aspiring to attend performing arts schools, conservatory/university programs, and/or those pursuing a career in dance.

TABLE OF CONTENTS

Program Information (page 2-3)

Level Course Loads & Schedules

Level 1B (page 4)

Level 2 & 3 (page 5)

Level 4 (page 6-7)

Level 5 (page 8-9)

Level 6 (page 10-15)

Level PS (page 16)

Class Descriptions (page 17-18)



2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
INFORMATION

Ballet Hispánico is an accredited institutional member of the National Association of Schools of Dance. Level requirements, required clock hours per academic year, and curriculum are carefully curated by the School Directors taking into consideration the artistic goals of the program and desired outcomes alongside health professionals' recommendations for elite training hours per age group, social-emotional developmental needs, and overall well-being of the student. Each year the program is evaluated based on these standards and updated to ensure leading, world-class training of the time.

Admittance into Program:

Students must audition to participate in La Academia and are permitted to do so starting at age 7. Registering students are required to take their assigned course load and required clock hours in order to participate in the program. New students are assessed by the School Directors via in-person or video audition. Students are placed taking into consideration their ballet, Spanish Dance, and modern dance & contemporary dance techniques/abilities demonstrated at the time of audition regardless of previous training at other institutions and any transcript the student may present. Student dedication, work ethic, age, social-emotional development, and physical health are also determining factors.

Assessment:

Students in Levels 1B through 6 are assessed in these same areas throughout the year, with two written evaluations that are sent to the family/participant mid-year and end of year. Completion of the course work does not guarantee level advancement. At the end of the school year, with input from faculty and staff as well as consideration of the student's two evaluations, the School Directors make final decisions in determining level placement for the subsequent year which is communicated to families via email after the year-end performance. The directors make these decisions dedicated to ensuring that every student is placed in the level that will be most beneficial for their individual progress, trajectory, needs, safety, and overall well-being. Professional Studies Level (PS) Students receive two written evaluations and two in-person evaluation meetings throughout the season for a total of four assessments.

Schedule Considerations:

It is always recommended that students in La Academia take the designed full program, however some accommodations are considered. High school and college-aged students that reach Level 6 in La Academia have the option of pursuing the full curriculum or one of three specialized tracks—ballet, Spanish Dance, or contemporary (or a combination of the aforementioned genres). The tracks' course loads and required clock hours are predetermined and presented as Schedule A, B, C, etc.



Students without previous Spanish Dance training that join La Academia and are placed in a level other than Level 1B may be required to take private lessons and/or Summer courses in the form prior to the start of the School Year. This will be communicated in the placement notification email. Upper division (Levels 4-6) students unable to meet the required level for Spanish Dance at the start of the school year will be placed in an alternative class which will be communicated in their placement notification.

High school students in Level 6 may register for track schedule options. High school students in the Upper Division in Level 4 and 5 may request permission to take a track schedule from the Program Advisor. All students asking for permission to modify their level's predetermined schedule must present an academic or religious circumstance that is prohibiting the student from taking the full program. Students that train additionally outside of Ballet Hispánico at a performing arts academic school are also eligible for track options if Ballet Hispánico determines course requirements can be substituted with their outside studies. Students with such requests are required to meet with a Program Advisor for approval of any accommodations.

The highest La Academia Level PS (Professional Studies) requires participants to take the full course load to participate. Only students 15 and older are eligible to audition and participate in this level. The PS Level focuses dancers on artistry development through a full-day, comprehensive curriculum which includes but is not limited to daily ballet and contemporary technique classes, master classes in Spanish Dance, Screen Dance, Latin Rhythms, floor work, modern dance, acting, and voice along with professional development seminars on such topics as nutrition, personal advocacy, financial planning and literacy, and other life/work skills coaching. While focusing on the professionalism needed to succeed in the dance world, dancers will have the opportunity to learn and perform select pieces of Ballet Hispánico's renowned company repertory as well as original works created by accomplished choreographers in the field. Each dancer will have the opportunity to have individualized coaching and mentorship. Professional Studies Level students will not only strengthen and enhance technical skills, but will dive deeper into each dancer's evolution as a professional artist and the sensibility required in their professional work.

La Academia students will receive a written record of completion at the end of the program or pending course requirements needed to complete their level.

Families should reach out to the School of Dance Office at school@ballethispanico.org, should they have additional questions or concerns regarding the program for levels 1B through 6 including auditions and the track permissions process. Should a current student need support in confirming dance training hours to their academic school, students are able to request a letter from the School which can confirm the student's schedule and study at Ballet Hispánico by reaching out to school@ballethispanico.org.

Students should reach out school@ballethispanico.org with any questions regarding La Academia.



2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES

Level 1B				
Day	Class	Time	La Academia Program Offerings	
Tuesday	Stretch & Conditioning 1B & 2	4:30-4:55pm	Pre-Professional Level	1B
Tuesday	Ballet	5:00-6:10pm	Required Hours Per Week	5.5
Tuesday	Spanish Dance	6:15-7:25pm	Length of Program	35
Friday	Ballet	5:00-6:10pm	Clock Hours Expected for Academic Year	192.5
Friday	Spanish Dance	6:15-7:25pm		

All students will be given a level placement based on their experience in Spanish Dance and Ballet.

Level 1B students are required to take the full course load that is pre-approved and assigned by the School of Dance in order to participate in La Academia.



**2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 2				
Day	Class	Time	La Academia Program Offerings	
Tuesday	Stretch & Conditioning 1B & 2	4:30-4:55pm	Pre-Professional Level	2
Tuesday	Spanish Dance	5:00-6:10pm	Required Hours Per Week	7.25
Tuesday	Ballet	6:15-7:25pm	Length of Program	35
Thursday	Stretch & Conditioning	4:30-4:55pm	Clock Hours Expected for Academic Year	253.75
Thursday	Ballet	5:00-6:15pm		
Friday	Spanish Dance	5:00-6:10pm		
Friday	Modern Fundamentals	6:15-7:30pm		

Level 3				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 3 & 4	4:30-4:55pm	Pre-Professional Level	4
Monday	Ballet	5:00-6:25pm	Required Hours Per Week	10
Monday	Afro Caribbean	6:30-7:40pm	Length of Program	35
Wednesday	Spanish Dance	5:15-6:25pm	Clock Hours Expected for Academic Year	350
Wednesday	Ballet	6:30-7:40pm		
Thursday	Stretch & Conditioning	4:30-4:55pm		
Thursday	Spanish Dance	5:00-6:15pm		
Friday	Afro Caribbean	5:00-6:10pm		
Friday	Ballet	6:15-7:25pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

Level 2 & 3 students are required to take the full course load that is pre-approved and assigned by the School of Dance in order to participate in La Academia.



**2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 4 Full Program: Schedule A				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 3 & 4	4:30-4:55pm	Pre-Professional Level	4
Monday	Graham	5:00-6:25pm	Required Hours Per Week	16.75
Monday	Ballet & Pre-Pointe/Pointe	6:30-7:55pm	Length of Program	35
Wednesday	Stretch & Conditioning	4:30-4:55pm	Clock Hours Expected for Academic Year	586.25
Wednesday	Ballet	5:00-6:25pm		
Wednesday	Pre-Pointe/Pointe	6:45-7:30pm		
Thursday	Ballet & Pre-Pointe/Pointe	5:00-6:25pm		
Thursday	Spanish Dance	6:30-7:55pm		
Friday	Ballet & Pre-Pointe/Pointe	4:45-6:10pm		
Friday	Graham	6:15-7:40pm		
Saturday	Rep Workshop	12:00-1:25pm		
Saturday	Ballet & Pre-Pointe/Pointe	1:30-2:55pm		
Saturday	Spanish Dance	3:00-4:25pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

Level 4 students are required to take the full course load that is pre-approved and assigned by the School of Dance in order to participate in La Academia.



2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES

Level 4 Full Program: Schedule B				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 4 & 5	4:30-4:55pm	Pre-Professional Level	4
Monday	Graham	5:00-6:25pm	Required Hours Per Week	14.75
Monday	Ballet & Pointe	6:30-7:55pm	Length of Program	35
Wednesday	Stretch & Conditioning	4:30-4:55pm	Clock Hours Expected for Academic Year	516.25
Wednesday	Ballet	5:00-6:25pm	NEW students with NO prior Spanish Dance training will default to Schedule B seen here which include the Ballet & Modern Level 4 Classes with Thursday Encuentros Beginner Flamenco Class.	
Wednesday	Pre-Pointe/Pointe	6:45-7:30pm		
Thursday	Ballet & Pre-Pointe/Pointe	5:00-6:25pm		
Thursday	Beginner Flamenco	6:30-7:25pm		
Friday	Ballet & Pre-Pointe/Pointe	5:00-6:25pm		
Friday	Graham	6:30-7:55pm		
Saturday	Rep Workshop	12:00-1:25pm		
Saturday	Ballet & Pre-Pointe/Pointe	1:30-2:55pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

Level 4 students are required to take the full course load that is pre-approved and assigned by the School of Dance in order to participate in La Academia.



2024-2025

**LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 5 Full Program: Schedule A				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm	Pre-Professional Level	5
Monday	Ballet & Pointe	5:00-6:25pm	Required Hours Per Week	17.5
Monday	Graham	6:30-7:55pm	Length of Program	35
Tuesday	Spanish Dance	4:45-6:10pm	Clock Hours Expected for Academic Year	612.5
Tuesday	Ballet & Pointe	6:15-7:40pm		
Thursday	Stretch & Conditioning 5 & 6	4:30-4:55pm		
Thursday	Spanish Dance	5:00-6:25pm		
Thursday	Ballet & Pointe	6:30-7:55pm		
Friday	Graham	4:45-6:10pm		
Friday	Ballet Repertory & Variations	6:15-7:40pm		
Saturday	Ballet & Pointe 5 & 6	10:30-11:55am		
Saturday	Rep Workshop 5 & 6	12:00-1:25pm		
Saturday	Specialized Studies in Spanish Dance	1:30-2:55pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

When a student is unable to attend all of the assigned weekly classes for their level, for academic and/or religious obligations, they may have the option to enroll in specific “schedules” that have been curated by the School of Dance based on each individual case. In addition, specific technique classes have been pre-determined that students will register for to supplement their training within their schedule should the student be unable to participate in the full program.

Levels 5 students will be assigned a pre-approved schedule. Students who are unable to attend the full program assigned, will need to contact the Program Advisor. The Upper Division Program Advisor Nicole Duffy will determine an adjusted schedule to support the student. Each case is determined individually.



2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES

Level 5 Full Program: Schedule B				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm	Pre-Professional Level	5
Monday	Ballet & Pointe	5:00-6:25pm	Required Hours Per Week	15
Monday	Graham	6:30-7:55pm	Length of Program	35
Tuesday	Intermediate Flamenco	4:45-5:55pm	Clock Hours Expected for Academic Year	525
Tuesday	Ballet & Pointe	6:15-7:40pm	NEW students with NO prior Spanish Dance training will default to Schedule B seen here which include the Ballet & Modern tracks. This is a Ballet & Modern schedule which includes Tuesday Encuentros Intermediate Flamenco and Saturday Intermediate/Advanced Flamenco.	
Thursday	Ballet & Pointe	6:30-7:55pm		
Friday	Graham	4:45-6:10pm		
Friday	Ballet Repertory & Variations	6:15-7:40pm		
Saturday	Ballet & Pointe 5 & 6	10:30-11:55am		
Saturday	Rep Workshop 5 & 6	12:00-1:25pm		
Saturday	Int/Adv Flamenco	2:00-3:10pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

When a student is unable to attend all of the assigned weekly classes for their level, for academic and/or religious obligations, they may have the option to enroll in specific “schedules” that have been curated by the School of Dance based on each individual case. In addition, specific technique classes have been pre-determined that students will register for to supplement their training within their schedule should the student be unable to participate in the full program.

Levels 5 students will be assigned a pre-approved schedule. Students who are unable to attend the full program assigned, will need to contact the Student Advisor. The Upper Division Program Advisor Nicole Duffy will determine an adjusted schedule to support the student. Each case is determined individually.



2024-2025

**LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 6 Full Program: Schedule A				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm	Pre-Professional Level	6
Monday	Dunham & Contemporary	5:00-6:25pm	Required Hours Per Week	17.5
Monday	Ballet & Pointe	6:30-7:55pm	Length of Program	35
Tuesday	Spanish Dance	4:45-6:10pm	Clock Hours Expected for Academic Year	612.5
Tuesday	Ballet & Pointe	6:15-7:40pm		
Wednesday	Dunham & Contemporary	5:00-6:25pm		
Wednesday	Ballet Repertory & Variations	6:30-7:55pm		
Thursday	Stretch & Conditioning 5 & 6	4:30-4:55pm		
Thursday	Spanish Dance	5:00-6:25pm		
Thursday	Ballet & Pointe	6:30-7:55pm		
Saturday	Ballet & Pointe	10:15-11:40am		
Saturday	Rep Workshop 5 & 6	12:00-1:25pm		
Saturday	Specialized Studies in Spanish Dance	1:30-2:55pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

When a student is unable to attend all of the assigned weekly classes for their level, for academic and/or religious obligations, they may have the option to enroll in specific “schedules” that have been curated by the School of Dance based on each individual case. In addition, specific technique classes have been pre-determined that students will register for to supplement their training within their schedule should the student be unable to participate in the full program.

Levels 6 students are allowed to register for pre-assigned schedules without the approval of the Upper Division Program Advisor. For any additional questions or concerns regarding a Schedule assignment, please reach out to School of Dance at school@ballethispanico.org



**2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 6 Full Program: Schedule B				
Day	Class	Time	La Academia Program Offerings	
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm	Pre-Professional Level	6
Monday	Dunham & Contemporary	5:00-6:25pm	Required Hours Per Week	15.5
Monday	Ballet & Pointe	6:30-7:55pm	Length of Program	35
Tuesday	Intermediate Flamenco	4:45-5:55pm	Clock Hours Expected for Academic Year	542.5
Tuesday	Ballet & Pointe	6:15-7:40pm	NEW students with NO prior Spanish Dance training will default to Schedule B seen here which includes the Ballet & Modern Level 6 Classes plus Tuesday, Encuentros Intermediate Flamenco and Saturday, Intermediate/Advanced Flamenco.	
Wednesday	Dunham & Contemporary	5:00-6:25pm		
Wednesday	Ballet Repertory & Variations	6:30-7:55pm		
Thursday	Ballet & Pointe	6:30-7:55pm		
Saturday	Ballet & Pointe	10:15-11:40am		
Saturday	Rep Workshop 5 & 6	12:00-1:25pm		
Saturday	Int/Adv Flamenco	2:00-3:10pm		

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

When a student is unable to attend all of the assigned weekly classes for their level, for academic and/or religious obligations, they may have the option to enroll in specific “schedules” that have been curated by the School of Dance based on each individual case. In addition, specific technique classes have been pre-determined that students will register for to supplement their training within their schedule should the student be unable to participate in the full program.

Levels 6 students are allowed to register for pre-assigned schedules without the approval of the Upper Division Program Advisor. For any additional questions or concerns regarding a Schedule assignment, please reach out to School of Dance at school@ballethispanico.org



2024-2025
LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES

Level 6 Ballet & Spanish Dance Track: Schedule C		
Day	Class	Time
Monday	Ballet & Pointe	6:30-7:55pm
Tuesday	Spanish Dance	4:45-6:10pm
Tuesday	Ballet & Pointe	6:15-7:40pm
Wednesday	Ballet Repertory & Variations	6:30-7:55pm
Thursday	Stretch & Conditioning 5 & 6	4:30-4:55pm
Thursday	Spanish Dance	5:00-6:25pm
Thursday	Ballet & Pointe	6:30-7:55pm
Saturday	Ballet & Pointe	10:15-11:40am
Saturday	Specialized Studies in Spanish Dance	1:30-2:55pm

Level 6 Ballet & Contemporary Track: Schedule D		
Day	Class	Time
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm
Monday	Dunham & Contemporary	5:00-6:25pm
Monday	Ballet & Pointe	6:30-7:55pm
Tuesday	Ballet & Pointe	6:15-7:40pm
Wednesday	Dunham & Contemporary	5:00-6:25pm
Wednesday	Ballet Repertory & Variations	6:30-7:55pm
Thursday	Ballet & Pointe	6:30-7:55pm
Saturday	Ballet & Pointe	10:15-11:40am
Saturday	Rep Workshop 5 & 6	12:00-1:25pm



**Ballet
Hispanico**
School of Dance

2024-2025

**LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 6 Ballet & Spanish Dance Track: Schedule E

Day	Class	Time	
Monday	Ballet & Pointe	6:30-7:55pm	NEW students with NO prior Spanish Dance training will default to Schedule E seen here which includes the Ballet Level 6 Classes plus Tuesday, Encuentros Intermediate Flamenco and Saturday, Intermediate/Advanced Flamenco.
Tuesday	Intermediate Flamenco	4:45-5:55pm	
Tuesday	Ballet & Pointe	6:15-7:40pm	
Wednesday	Ballet Repertory & Variations	6:30-7:55pm	
Thursday	Ballet & Pointe	6:30-7:55pm	
Saturday	Ballet & Pointe	10:15-11:40am	
Saturday	Int/Adv Flamenco	2:00-3:10pm	

Level 6 Contemporary & Spanish Dance Track: Schedule F

Day	Class	Time
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm
Monday	Dunham & Contemporary	5:00-6:25pm
Tuesday	Spanish Dance	4:45-6:10pm
Wednesday	Dunham & Contemporary	5:00-6:25pm
Thursday	Spanish Dance	5:00-6:25pm
Saturday	Rep Workshop 5 & 6	12:00-1:25pm
Saturday	Specialized Studies in Spanish Dance	1:30-2:55pm



**2024-2025
LA ACADEMIA: PROFESSIONAL STUDIES PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

Level 6 Ballet Track: Schedule G		
Day	Class	Time
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm
Monday	Ballet & Pointe	6:30-7:55pm
Tuesday	Ballet & Pointe	6:15-7:40pm
Wednesday	Ballet Repertory & Variations	6:30-7:55pm
Thursday	Ballet & Pointe	6:30-7:55pm
Saturday	Ballet & Pointe	10:15-11:40am

Level 6 Contemporary & Spanish Dance Track: Schedule H			
Day	Class	Time	
Monday	Stretch & Conditioning 5 & 6	4:30-4:55pm	<p>NEW students with NO prior Spanish Dance training will default to Schedule H seen here which includes the Contemporary Level 6 Classes plus Tuesday, Encuentros Intermediate Flamenco and Saturday, Intermediate/Advanced Flamenco.</p>
Monday	Dunham & Contemporary 6	5:00-6:25pm	
Tuesday	Intermediate Flamenco	4:45-5:55pm	
Wednesday	Dunham & Contemporary 6	5:00-6:25pm	
Saturday	Rep Workshop 5 & 6	12:00-1:25pm	
Saturday	Int/Adv Flamenco	2:00-3:10pm	



2024-2025
**LA ACADEMIA: PROFESSIONAL STUDIES PROGRAM
 LEVEL COURSE LOADS & SCHEDULES**

Level 6 Contemporary Track: Schedule I		
Day	Class	Time
Monday	Dunham & Contemporary	5:00-6:25pm
Wednesday	Dunham & Contemporary	5:00-6:25pm
Saturday	Rep Workshop 5 & 6	12:00-1:25pm

Level 6 Spanish Dance Track: Schedule J		
Day	Class	Time
Tuesday	Spanish Dance	4:45-6:10pm
Thursday	Spanish Dance	5:00-6:25pm
Saturday	Specialized Studies in Spanish Dance	1:30-2:55pm

All students will be given a level placement based on their experience in Spanish Dance, Ballet, and Contemporary forms.

When a student is unable to attend all of the assigned weekly classes for their level, for academic and/or religious obligations, they may have the option to enroll in specific “schedules” that have been curated by the School of Dance based on each individual case. In addition, specific technique classes have been pre-determined that students will register for to supplement their training within their schedule should the student be unable to participate in the full program.

Level 6 students are allowed to register for pre-assigned schedules without the approval of the Student Advisor. For any additional questions or concerns regarding a Schedule assignment, please reach out to School of Dance at school@ballethispanico.org



2024-2025

**LA ACADEMIA: PROFESSIONAL STUDIES PROGRAM
LEVEL COURSE LOADS & SCHEDULES**

PROFESSIONAL TRAINING LEVEL PS (PROFESSIONAL STUDIES)		
Day	Class	Time
Mondays	Ballet Technique Class	9:00am-10:30am
	Contemporary Technique Class	10:30am-12:05pm
	Performance Studies	12:10pm-4:50pm
Tuesdays	Contemporary Technique Class	9:00am-10:40am
	Ballet Technique Class	10:50am-12:30pm
	Performance Studies	1:30pm-4:50pm
Wednesdays	Professional Development	9:00am-10:00am
	Ballet/Pointe Technique Class	10:10am-12:20pm
	Repertory Workshop	1:20pm-3:20pm
	Performance Studies	3:30pm-4:50pm
Thursdays	Contemporary Technique Class	9:00am-10:30am
	Ballet Technique Class	10:45am-12:15pm
	Performance Studies	12:30pm-4:50pm
Fridays	Stretch & Conditioning	9:00am-10:15am
	Contemporary Technique Class	10:30am-12:00pm
	Repertory Workshop	1:00pm-2:00pm
	Performance Studies	3:00pm-4:50pm

La Academia Program Offerings	
Pre-Professional Level	PS
Required Hours Per Week	32.5 hours
Length of Program	34 Weeks
Clock Hours Expected for Academic Year	1,105 Hours



2024-2025

LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM CLASS DESCRIPTIONS

AFRO CARIBBEAN

Through complex rhythms, vivid stories, and rich history, students develop dance fundamentals while exploring the artistry of Afro Caribbean traditions. Drawing from modern, contemporary, and Afrocentric dance practices, this class develops core dance principles such as balance and coordination while introducing students to intricate rhythms and vibrant expressivity. Afro Caribbean prepares students for ongoing studies in a wide range of dance forms including modern, contemporary, and African-based styles.

BALLET

Students are introduced to a ballet curriculum that enables them to develop a holistic understanding and mastery of ballet technique in a disciplined yet nurturing environment. Our ballet program emphasizes placement, clarity of line, execution, precision, dynamic movement, musicality, and artistic expression. Our curriculum draws from several renowned methodologies, including the Cuban school, with a contemporary American perspective that draws on current best practices, while emphasizing plasticity and virtuosity to create strong and expressive dancers. La Academia upper level students, with an introduction in Level 5, will also train in pointe work. For the highest levels, there will be a variations and/or ballet repertory component.

MODERN DANCE & CONTEMPORARY

Students will focus on the techniques and styles of modern dance masters José Limón, Martha Graham, and Katherine Dunham throughout their training in the La Academia program. Classes focus on developing core dance principles, such as balance and coordination, while exploring diverse movement concepts. The curriculum includes spinal articulation, floorwork, movement dynamics, use of weight, and complex rhythms, creating students adaptable to the contemporary dance landscape. Contemporary explores a wide array of movement styles of dance artists of the day, focusing on spatial and body awareness, use of body weight, floor work, leaps, turns, efficiency of muscle usage, and at times fusion of genres.

PERFORMANCE STUDIES

Performance Studies provides an emphasis on learning and rehearsing repertory in preparation for performance opportunities scheduled throughout the year. Students will receive coaching and mentorship to develop performance skills and readiness.

***BALLET REPERTORY AND VARIATIONS**

This class is for La Academia upper levels ready to learn the context and choreography of ballet through an established repertory chosen specifically for this purpose. Ballet Repertory and Variations will enhance dancers' command of their hard-won technical skills while giving them the opportunity to explore the more artistic aspects of the ballet, including musicality, corps de ballet work, character dances, variations and story-telling. They will learn about the culture and history of the genre, contextualizing the technique they have honed throughout their years of training in La Academia ballet curriculum. This class will include a thorough ballet warm-up prior to learning choreography, and is required for Levels 6 La Academia students that have registered for the full program or Ballet Track.



LA ACADEMIA: PRE-PROFESSIONAL & PROFESSIONAL PROGRAM CLASS DESCRIPTIONS

****Pre-Pointe/Pointe Technique Class (Available in the Encuentros Program)**

Ballet pre-pointe/pointe class on Saturdays is for the beginner pointe dancer, to improve your pointe work. The dancer must have a solid foundation in ballet technique and approval from the instructor and be in levels 5 and higher to register.

This class will focus on strengthening the muscles of the legs, feet, ankles, and core in order to support their pointe work. Dancers will continue to improve their overall alignment and the control necessary to dance on pointe. When the dancer is ready, they will start working on pointe, facing the barre.

DO NOT buy pointe shoes before the class begins. The instructor will work with each student to make sure they find the appropriate shoe and fit before making this big investment. This class is highly recommended for La Academia students to further support their training.

***REPERTORY WORKSHOP**

Students will have the opportunity to take master classes from artists in the field in a wide array of genres and styles such as contemporary, hip-hop, improvisation, Latin rhythms, acting, voice, musical theater, and more curated to support artistry development. Coupled with an emphasis on professional development, this course prepares students for their careers in the larger dance world ahead of them. Students will also have the opportunity to be exposed to various styles of repertory and receive performance coaching.

SPANISH DANCE/FLAMENCO

Spanish Dance forms have been the backbone of the School of Dance since its founding in the early 1970's. Our curriculum covers flamenco, Spanish folk dance, danza estilizada, and escuela bolera, studying the roots and history of the forms alongside the technique and artistry.

***SPECIALIZED STUDIES IN SPANISH DANCE**

Students will have the opportunity to deepen their studies in Spanish Dance. They will investigate specific elements of the art form under the guidance of guest master teachers. Areas of focus will include cante, palmas, flamenco structure, castanets, escuela bolera, Zarzuela repertory, mantón, abanico technique, and more.

****STRETCH & CONDITIONING**

Dancers will be guided through stretching and conditioning exercises that support a dancer's flexibility, strength, and overall fitness. Information about injury prevention and tools to maintain their physical readiness in support of their dance training will be taught throughout the course. Please note equipment will need to be purchased. List of items needed will be shared with registered students.

****For levels 1B through 6, “*” indicates classes that may or may not perform at the end of year recital.***

*****For levels 1B through 6, “**” indicates classes that will not perform at the end of year recital.***