

WELCOME TO THE TEAM

Whether your dancer is new to competitive dance or ready to take their training further, our structured programs balance technical growth, teamwork, confidence and a love of performing.

WHAT TO EXPECT AT AUDITIONS

Auditions run like a regular class and include a warm-up, stretching and across-the-floor combinations. Dancers should come ready to learn, try their best and have fun in a welcoming environment.

Ages are based on the dancer's age as of December 31, 2026.

WHY FAMILIES CHOOSE ADA

- Professional, certified instructors: Acrobatic Arts, IDA Ballet, Alixa Flexibility, MUV Method and ADE.
- Small team sizes with individualized attention, mentorship and positive team culture.
- Strong focus on technique, injury prevention and long-term dancer development.
- 2-4 competitions per season, an annual showcase, guest teachers and optional private coaching.
- Age-appropriate choreography and costuming with a healthy dance/life balance.

COMPETITIVE PROGRAMS

INTRO TO COMPETITIVE | AGES 3-4

1.5 hours/week | 2 days/week | 1 routine at 2 local competitions

- Ballet/Jazz Technique - 45 min
- Creative Movement & Team Choreography - 45 min
- Focus: coordination, musicality, confidence and foundations

MINI TEAM | AGES 5-7

3-4.5 hours/week | 2-3 days/week | 2 routines at 3 regional competitions

- Ballet technique & choreography
- Jazz technique & choreography
- Plus 1 recreational class: Acro, Tap or Hip Hop
- 10% multi-class discount; recital costume fee applies

PETITE TEAM | AGES 8-10

4.5-6 hours/week | 2-3 days/week | 2+ routines at 4 regional competitions

- Ballet and Jazz technique & choreography
- Acro training & choreography
- Tap or Lyrical options
- Optional Hip Hop or Musical Theatre
- 10% multi-class discount; additional costume fees apply

JUNIOR / INTERMEDIATE / SENIOR | AGES 10+

2-6 hours/week | 1-3 days/week | 1-2+ routines at 4 regional competitions

OPTION 1 - SINGLE STYLE

- Jazz Technique - 60 min
- Choreography - 30 min
- Conditioning / Acro - 45 min

OPTION 2 - MULTIPLE STYLES

- Multi-day training across selected styles
- Technique + choreography in each style
- Conditioning and cross-training included

Flexible plans can include Jazz, Hip Hop, Lyrical, Musical Theatre, Acro and additional technique.

BUILD THE RIGHT EXPERIENCE

We create customized training plans based on each dancer's goals, experience and commitment level - from a first competitive experience to advanced multi-style training.

Spots are limited to protect small team sizes and individualized attention.

READY TO JOIN OR LEARN MORE?

ancasterdancearts@gmail.com

Register for auditions or ask about the best team fit.