



School Year 2026 - 2027
September 14 - June 12

ADA offers **technique-based** training and is not a comp school.
Our approach also teaches students **life skills** that extend beyond the studio.

Level 10 Open Enrollment Ages 13-14,
Age Cutoff, Sept 1

Details of ADA's three programs on last page

Choose any classes from the below

Monday

4:30-5:30 Ballet *EN*

5:30-6:00 [PBT](#) *EN*

6:30-7:30 Dance Foundations *NDJ*

(Includes Ballet, Modern, AfroFusion and Contemporary)

7:30-8:15 Full Moon Yoga (\$20/month) *LG*

9/28, 10/26, 11/23, 1/25, 2/22, 3/22, 4/19, 5/24

Tuesday

4:45-6:15 Modern w/Perf Prep (Understudy) *BT*

6:15-7:45 Ballet, Pointe, & Variations (On Flat) *VG*

OR

6:30-7:30 Ballet Lab Mini Courses *LB*

(Technique touch ups for comp kids)

9/15-11/3 (8 weeks) \$260

1/5-2/9 (6 weeks) \$195

5/4-6/8 (6 weeks) \$195

Wednesday

5:15-5:45 Pilates Equipment (\$20/month) LG

5:45-7:00 Ballet SM

7:45-8:30 Contemporary w/Perf Prep PL

Thursday

5:15-5:45 Body Conditioning & Floor Barre MS

5:45-7:15 Ballet NM

Saturday

11:00-11:30 Yoga & Conditioning LG

10:30-11:00 Pilates Equipment (\$20/month) LG

11:00-11:30 Pilates Equipment (\$20/month) LG

11:30-1:00 Ballet & Pointe (On Flat) SM

Physical Therapy Sessions Available (*Private Lesson section in portal*)

Level 10 Half Program Ages 13-14,

Age Cutoff, Sept 1

Details of ADA's three programs on last page

Choose 2 or 3 class days from the below

Monday 4:30-7:00

Ballet, PBT, Pointe w/Perf Prep

Tuesday 4:45-7:45

Modern w/Perf Prep*, Ballet Pointe & Variations

**Optional*

Wednesday 5:45-8:30

Ballet, Ballet Perf Prep, Contemporary w/Perf Prep*

**Optional*

Thursday 5:15-8:00

Body Conditioning & Floor Barre**, Ballet, Pointe & Jumps

Saturday 11:00-1:00

Yoga & Conditioning**, Ballet & Pointe

Add-ons and Invite Only:

Monday

7:30-8:15 Full Moon Yoga (*Add-on, \$20/month*)
9/28, 10/26, 11/23, 1/25, 2/22, 3/22, 4/19, 5/24

Wednesday

5:15-5:45 Pilates Equipment (*Add-on, \$20/month*)

Saturday

10:30-11:00 Pilates Equipment (*Add-on, \$20/month*)

11:00-11:30 Pilates Equipment (*Add-on, \$20/month*)

Physical Therapy Sessions Available (*Private Lesson section in portal*)

**Elective: Must choose 1

Level 10 Full Program Ages 13-14,
Age Cutoff, Sept 1

Details of ADA's three programs on last page

FP students take all of the below classes

Monday 4:30-7:00

Ballet, PBT, Pointe w/Perf Prep

7:30-8:15 Full Moon Yoga (*optional make-up*)

9/28, 10/26, 11/23, 1/25, 2/22, 3/22, 4/19, 5/24

Tuesday 4:45-7:45

Modern w/Perf Prep, Ballet Pointe & Variations

Wednesday 5:45-8:30

Ballet, Ballet Perf Prep, Contemporary w/Perf Prep

Thursday 5:15-8:00

Body Conditioning & Floor Barre, Ballet, Pointe/Jumps/YAGP coaching

Friday 5:30-7:00

Ballet Deep Dives

Exclusive Full Program Make-Up (*optional*)

Saturday 11:00-1:00

Yoga & Conditioning, Ballet & Pointe

Add-ons and Invite Only:

Monday

7:00-7:30 Pointe Perf Prep

(Full Program Exclusive; Invite only based on prior year's attendance)

Tuesday

4:15-4:45 Semi-Private *(Drop In, \$25/class, 4 student max)*

Wednesday

5:15-5:45 Pilates Equipment *(Add-on, \$20/month)*

Saturday

10:30-11:00 Pilates Equipment *(Add-on, \$20/month)*

11:00-11:30 Pilates Equipment *(Add-on, \$20/month)*

Physical Therapy Sessions Available *(private lesson section in portal)*

Any classes with **Perf Prep** prepare a piece for ADA's end of year show.

Levels 5 & up perform in a theater, Levels 4 & below perform in-studio.

Tuition is charged monthly on the 15th.

Open Enrollment Monthly Tuition:

.5hr weekly class \$65.00

.75hr weekly class \$97.50

1hr weekly class \$130.00

1.25hr weekly class \$162.50

1.5hr weekly class \$195.00

Half Program Monthly Tuition:

\$395 - \$635

Based on days chosen & weekly hours

Full Program Monthly Tuition:

\$685/month

Create an account to enroll [HERE](#)

Students wear a **Uniform** leotard / t-shirt, purchased in ADA's online store.

Students use an **Access Card** to enter ADA. New students may pick up their access card after enrollment.

ADA's directors, Nicholas and Shayne Mishoe, are also the Artistic Directors of the **Company of Dance Arts**. CODA produces a Nutcracker and Spring Show that many ADA students, ages 6+, audition for and participate in. Check out www.CODANJ.com

Referral Program: if your referral enrolls for 3 months of the school year, you get \$100 off May tuition!

(732) 709-7792 text or call
info@adanj.com
70 Apple Street, Tinton Falls, NJ 07724

ADA's three training programs

<u>Full Program</u>	<u>Half Program</u>	<u>Open Enrollment</u>
Ages 8+	Ages 6+	All ages
By teacher recommendation only		
Set schedule of mandatory classes	Select 2 or 3 days	Select individual classes
Heavily Discounted Tuition	Moderately Discounted Tuition	Full Price Rates
No Registration Fee		
Pre Pointe / Pointe	Pre Pointe / Pointe	
Performance Classes	Performance Classes	Performance Classes

Exclusive Classes		
Consideration for Exclusive programs and YAGP		
Progress Report	Progress Report	Progress Report
Private Technical Assessment available by request for a fee	Private Technical Assessment available by request for a fee	Private Technical Assessment available by request for a fee

Teachers

BT - Bridget Trochiano
 EN - Elaenee Nowell
 LB - Leah Brandstetter
 LG - Lucy Gao
 MF - Michelle Fritsch
 NDJ - Njelama Dacas Johnson
 NM - Nick Mishoe
 PL - Paul Liu
 SM - Shayne Mishoe
 VG - Vicky Green