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 4:30-6:00
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

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

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

ADA's three training programs

Full Program	**Half Program**	**Open Enrollment**
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 Fritzsch
NDJ - Njelama Dacas Johnson
NM - Nick Mishoe
PL - Paul Liu
SM - Shayne Mishoe
VG - Vicky Green