

# BALLETNOVA CENTER FOR DANCE

Founded in 1981 by Kathryn and Kenneth Fredgren, BalletNova Center for Dance (prior to July 1, 2009, known as Arlington Center for Dance and The Center Dance Company) has long been one of Northern Virginia's premier dance education organizations.

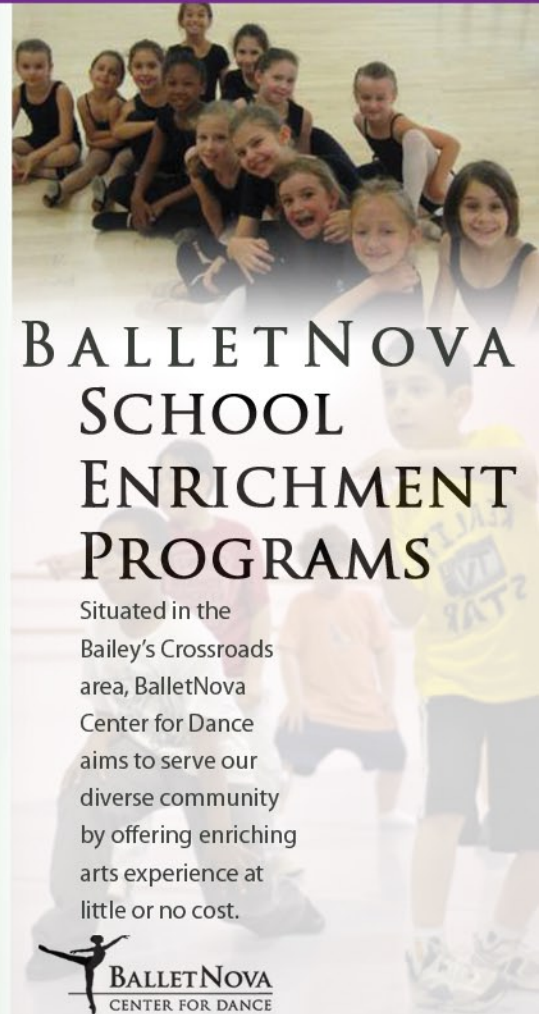
BalletNova Center for Dance offers year-round classes and workshops designed for dancers of all ages and levels. We offer excellent training, individual attention, detailed instruction and correction, and emphasize maintaining a healthy approach to the demanding dance disciplines. Our teaching philosophy is based on providing a positive and nurturing environment for all students. We strive to create a learning atmosphere based on mutual support and respect. We are deeply committed to our mission of building awareness of the benefits of a quality dance education, and inspiring public appreciation of dance as an art form through performances and outreach activities.



www.balletnova.org info@balletnova.org

*BalletNova  
Center for  
Dance's  
Mission  
is to provide a  
center of dance  
excellence in  
Northern  
Virginia,  
nurturing and  
training dancers  
of all  
ages, and  
offering superb  
community  
performances.*

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## BALLETNOVA SCHOOL ENRICHMENT PROGRAMS

Situated in the Bailey's Crossroads area, BalletNova Center for Dance aims to serve our diverse community by offering enriching arts experience at little or no cost.



CALL OR EMAIL TO FIND OUT HOW BALLETNOVA CAN TAILOR OUR PROGRAMS TO FIT WITH YOUR CURRICULUM OR AFTER SCHOOL NEEDS.

### DANCE IN THE CLASSROOM

BalletNova has specialized arts integration curricula weaving together elements of dance with academic subjects. By bringing movement to areas such as language arts, math, science and social studies, students experience topics on a kinesthetic level to enhance their learning.

#### MATH

*Look at patterns in movement and choreography, and use rhythm and grouping to bring math off the page!*

#### ENGLISH

*Feel what it is like to be an adjective, verb or noun! Create collaborative dance using words as inspiration for movement.*

#### SCIENCE

*Explore our world through movement! Physics, biology and zoology comes alive when expressed through dance.*

#### HISTORY

*History is fun and engaging when students move like the characters that make up our stories.*



*Longitudinal data of 25,000 students demonstrate that involvement in the arts is linked to higher academic performance, increased standardized test scores, more community service, and lower dropout rates. These cognitive and developmental benefits are reaped by students regardless of their socioeconomic status.\**

*\*www.americansforthearts.org*

*(Sources: NEA Office of Research and Analysis*

*(Catterall 2012); Arts Education Partnership*

*(Deasy 2002); Americans for the Arts*

*Heath 1998).*

### AFTER SCHOOL ENRICHMENT

BalletNova has a successful after-school enrichment program, bringing dance to students in after-care and after-school clubs. This program brings professional teachers from BalletNova to students who may not otherwise have a chance to explore dance, offering another way for students to bring physical activity to their afternoon while exploring their creative side.

HIP HOP

JAZZ

MODERN

BALLET

