



Welcome to ONE Academy of Dance!

We are excited to have you join our dance family! To help you get started, we want to share a little about our school and programs.

ONE Academy of Dance is a pre-professional ballet academy, nestled on the edge of the Hill Country in Oak Hill, Austin, Texas. At ONE Academy of Dance, we foster an environment that focuses on character traits that serve students not only in dance, but in all areas of life: kindness, respect, determination, commitment, perseverance, humility, patience, honesty, love, integrity and joy. We find that this promotes a healthy and effective learning environment where students feel safe to make mistakes and learn from them, learn the value of work ethic, team work, and learn to encourage and enjoy each other's successes. New students and families regularly comment on our welcoming atmosphere not just in our staff, but also our student body.

**Teaching Faculty:** Our faculty consists of professional dancers and professionally trained teachers. Our ballet staff is trained in anatomy, music theory, dance history and child development and education through the Cecchetti Council of America. For specific bios, please visit our Faculty Page on our website.

**Class Size:** Classes at ONE Academy are typically smaller than most schools. Smaller classes allow teachers to give more individualized attention to each student's technical and artistic training.

**The Cecchetti Method for Teaching Classical Ballet:**

The Cecchetti Method is the basis for our ballet training program. Cecchetti training is a rigorous method which pays careful attention to the laws of anatomy. It develops all of the qualities essential to the dancer: balance, poise, strength, elevation, elasticity, "ballon", etc; it is classic in its purity and clear-cut style. Cecchetti is an internationally recognized and respected method for training dancers, used throughout the world in countries such as the United States, Canada, England, Italy, Australia and South Africa.

**OUR PROGRAMS:**

We offer three levels of programming for students: Open/Children's Division, Advanced Training & Pre-Professional Training.

**OPEN & CHILDREN'S DIVISION** - Offers classes for beginning level students of all ages.

**OPEN Division:**

Beginning Dance for Teens

Break Dancing

Tap

**CHILDREN'S Division:**

\*3-4 years - Creative Movement (1 hour/week)

\*5-7 years - Intro to Dance (1 hour/week)

\*5-6 years - Primary Ballet & Jazz/Contemporary (1.5 hours/week)

\*7-9 years - Intro to Ballet 1 (3 hours/ week)

*\*Dancers ages 3-6 may participate in smaller roles in our Nutcracker & Spring Production. Dancers ages 6+ may audition for larger parts in the production. Rehearsals for these roles is held on Saturdays.*

**ADVANCED Training Division** (9+ with teacher recommendation) -

Offers students, whose passion is dance, excellent training in ballet, jazz, modern and pointe as well as performance opportunities in our productions. Dancers will take Studio or Cecchetti exams (based on teacher recommendation only) to advance to the next level of ballet.

**PRE-PROFESSIONAL Training Division** (9+ with teacher recommendation) -

Offers students whose dream is to become a professional dancer pre-professional level training in ballet, jazz, modern, pointe, variations and character. Dancers will perform in all ONE Ballet Theater Company productions. Dancers will take Cecchetti exams to advance to the next level of ballet. These dancers will also receive career guidance, take master classes and by invitation be invited to compete in Youth America Grand Prix and Cecchetti International Classical Ballet Competitions.

**PERFORMANCES:**

**As a school we usually perform at nearby Assisted Living facilities at Christmas and at the end of the Spring semester. With Covid-19 we may not be able to perform at these facilities this year.**

**Nutcracker, Art In Motion & Spring Production** - rehearsals for these are scheduled predominately on Saturdays. See our Company Contract for more information.

**Dancers ages 3-6** may participate in smaller roles in our Nutcracker & Spring Production. These rehearsals are held on Saturday late mornings or early afternoons.

**Dancers 6+** may audition to be in Nutcracker, Art in Motion and our Spring Production.

**COMPETITIONS:**

ONE Academy does not participate in most dance competitions. For dancers who are pursuing professional careers we do offer the opportunity to do private training with professional coaches to compete in two competitions that will give them exposure to the professional contemporary and ballet world.

**Youth America Grand Prix International Competition** - Dancers must be enrolled AND attending classes in our Pre-Professional Division and have teacher recommendation to participate. Youth America Grand Prix is a valuable experience for pre-professional dancers. Dancers learn classical variations and contemporary choreography in short private sessions with a professional coach. Dancers will have master classes as well as weekly coaching sessions with guest teachers to prepare for this competition. This process greatly advances the dancers technical and artistic proficiency as well as gives them exposure to the professional ballet world by way of critiques from the panel of judges and master classes at YAGP.

We are here to help you find the program that works best for your dancer and family. Please email Meredith at any time with any questions or to set up an appointment or evaluation for placement. We look forward to have your family and dancer(s) join us. Please let us know how we can help you get settled and get to dancing!

Blessings,



**Meredith Dunham**

Artistic Director, Cecchetti Ballet, LCCA

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[www.oneartsaustin.com](http://www.oneartsaustin.com)