### Journey of a Dancer from School to Stage

#### Level 1A/1B
- Gain acceptance to the JKO School via open audition or promotion from primary level
- Classes include ballet technique only
- Level 1A/1B students eligible for Young Dancer Summer Workshop

<table>
<thead>
<tr>
<th>Level</th>
<th>Training</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Level 1A/1B</td>
<td>2 days of study 3 hours/week</td>
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</table>

#### Level 2A/2B (Age 10)
- Promoted from Level 1 or admitted from an open audition
- Introduction of pre-pointe/pointework, conditioning (girls), separate boys’ class, and wellness lectures
- Level 2 students eligible for Young Dancer Summer Workshop
- Eligible for ABT Super dancer roles in Main Company productions

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<tbody>
<tr>
<td>Level 2A/2B</td>
<td>4-5 days of study 12 hours/week</td>
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#### Level 3A/3B (Age 12)
- Promoted from Level 2 or admitted from an open audition
- Introduction of modern class and longer pointe classes
- Continuation of character, separate boys’ class, girls’ conditioning, and wellness lectures
- Eligible for ABT summer intensives in all sites, plus Young Dancer Summer Workshop

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<tbody>
<tr>
<td>Level 3A/3B</td>
<td>6 days of study 16-18 hours/week</td>
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#### Upper 1 (Ages 12-15)
- Promoted from Children’s Division, or accepted from an open audition, ABT summer intensive, or recruited globally from various competitions including Youth America Grand Prix, Prix de Lausanne and IB Stage
- Introduction of partnering, variations, men’s strength training, pilates and dance history
- Introduction of separate men’s and women’s technique classes

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<tbody>
<tr>
<td>Upper 1</td>
<td>6 days of study 35-40 hours/week</td>
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#### Upper 2 (Ages 15-18)
- Promoted from Upper 1, or accepted from an open audition, ABT summer intensive, or recruited globally from various competitions including YAGP, Prix de Lausanne, IB Stage
- Promotion of partnering, variations, men’s strength training, pilates and dance history
- Continued growth and training
- Introduction of separate men’s and women’s technique classes

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<tbody>
<tr>
<td>Upper 2</td>
<td>5-6 days per week 5-6 days per week</td>
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#### Studio Company
- Promotion of partnering, variations, men’s strength training, pilates and dance history
- Eligible for ABT summer intensives in all sites, plus Young Dancer Summer Workshop

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<tr>
<td>Studio Company</td>
<td>5-6 days per week 5-6 days per week</td>
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#### Apprentice (Ages 16-20)
- Promoted from Upper 2, or recruited from YAGP, Prix de Lausanne, IB Stage or ABT summer intensive
- Promotion of partnering, variations, men’s strength training, pilates and dance history
- Eligible for ABT summer intensives in all sites, plus Young Dancer Summer Workshop

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<tr>
<td>Apprentice</td>
<td>5-6 days per week 5-6 days per week</td>
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#### Main Company
- Promotion of partnering, variations, men’s strength training, pilates and dance history
- Eligible for ABT summer intensives in all sites, plus Young Dancer Summer Workshop

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<tr>
<td>Main Company</td>
<td>5-6 days per week 5-6 days per week</td>
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**Training**
- **Level 1A/1B**: 2 days of study 3 hours/week
- **Level 2A/2B**: 4-5 days of study 12 hours/week
- **Level 3A/3B**: 6 days of study 16-18 hours/week
- **Upper 1**: 6 days of study 35-40 hours/week
- **Upper 2**: 5-6 days per week 5-6 days per week
- **Studio Company**: 5-6 days per week 5-6 days per week
- **Apprentice**: 5-6 days per week 5-6 days per week
- **Main Company**: 5-6 days per week 5-6 days per week

**Description**
- **Incubator for new choreography**
- **Increased performances and touring**
- **Learn ABT’s corp de ballet repertoire and how to integrate into ABT’s Main Company**

**Gain acceptance**
- Gain acceptance to the JKO School via open audition or promotion from primary level
- Classes include ballet technique only
- Level 1A/1B students eligible for Young Dancer Summer Workshop

**Age 8**
- Gain acceptance to the JKO School via open audition or promotion from primary level
- Classes include ballet technique only
- Level 1A/1B students eligible for Young Dancer Summer Workshop

**Age 10**
- Promoted from Level 2 or admitted from an open audition
- Introduction of pre-pointe/pointework, conditioning (girls), separate boys’ class, and wellness lectures
- Level 2 students eligible for Young Dancer Summer Workshop
- Eligible for ABT Super dancer roles in Main Company productions

**Age 12**
- Promoted from Children’s Division, or accepted from an open audition, ABT summer intensive, or recruited globally from various competitions including Youth America Grand Prix, Prix de Lausanne and IB Stage
- Introduction of partnering, variations, men’s strength training, pilates and dance history
- Introduction of separate men’s and women’s technique classes

**Age 15**
- Promoted from Upper 1, or accepted from an open audition, ABT summer intensive, or recruited globally from various competitions including YAGP, Prix de Lausanne, IB Stage
- Continuation of Upper 1 material and introduction of music theory class

**Age 18**
- Promoted from Upper 2, or recruited from YAGP, Prix de Lausanne, IB Stage or ABT summer intensive
- Promotion of partnering, variations, men’s strength training, pilates and dance history
- Eligible for ABT summer intensives in all sites, plus Young Dancer Summer Workshop

**Main Company**
- Promotion of partnering, variations, men’s strength training, pilates and dance history
- Eligible for ABT summer intensives in all sites, plus Young Dancer Summer Workshop

**Apprentice contract**
- Apprentice contract finishes after 21 weeks; promoted to corps de ballet by Kevin McKenzie