

Journey of a Dancer from School to Stage

Age 10



Ages 12-15



Ages 16-20



Main Company



Age 8



Age 12



Ages 15-18



Apprentice



- 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

- 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

- 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

- 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

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

- Promoted from Upper 2, or recruited from YAGP, Prix de Lausanne, IB Stage or ABT summer intensive
- Introduction of strength training for all dancers, dance history and acting
- Works with ABT's Main Company
- Increased performances and touring
- Incubator for new choreography

- Promoted from Studio Company; six apprentices chosen per year by Kevin McKenzie
- 10 weeks in the fall with Studio Company; apprenticeship begins with ABT's Nutcracker
- Learns ABT's corp de ballet repertory and how to integrate into ABT's Main Company

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

Training
3 days of study
6.5 hours/week

Training
6 days of study
16-18 hours/week

Training
6 days of study
35-40 hours/week

5 days/week
(up to 40 hours full time)

Training
2 days of study
3 hours/week

Training
4-5 days of study
12 hours/week

Training
6 days of study
18-20 hours/week

5-6 days per week;
hours vary (up to 40 hours full time)