

APRIL 2026

ATLANTA
Dance
CENTRAL





All the outdoor photos in this issue taken by ADC's favorite dance photographer **Chris Coates (@chriscoatesphotos)**
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April Calendar

April is always a blast with Spring Break, ART Gala, and Recital prep.

All Core & Introductory students should have received their costume in class. Some are still on the way though, and you should have been notified if they were coming late.

If you do not have a costume at home, please reach out to us immediately!

Recital is May 19-20th at the Roswell Cultural Arts Center.

What's Going On?

APRIL 15- MAY 22

Core/Introductory Students

April 5-12 - Spring Break

April 27-May 2: Recital Costume Photo Week

May 1: Fall 2026 enrollment opens to public

May 11: Age 13+ Group ART Audition

May 12: Ages 5-12 ART Auditions

May 16 - Recital Rehearsal with Core Teen Students at ADC

May 18- 20 - Recital at the Roswell Cultural Arts Center



ART Company

April 5-12 - Spring Break

April 16-17: ART Gala at BT High School

April 20-23: Ballet Filming

April 27: Age 13+ ART Workshop

April 27-May 2: Recital Costume Photo Week

May 1: Fall 2026 enrollment opens to public

May 2: Red Carpet Night

May 11: Age 13+ Group Audition

May 12: Ages 5-12 ART Auditions

May 16 - Recital Rehearsal with Core Students at ADC

May 18- 20 - Recital at the Roswell Cultural Arts Center



RECITAL INFORMATION WAS SENT IN MARCH. PLEASE REACH OUT IF YOU DID NOT RECEIVE IT.



Not sure if your child is in ART Company? ART is an audition-only intensive dance group for ages 5+. All ART students received an acceptance email on June 1st and were specifically notified of their placement. They received a handbook and signed a contract with their parents committing to the additional responsibilities. If you did not do this, your child is in our Core/Introductory Program. Students not in ART do not need to worry about ART rehearsals and events.

ART Auditions

Audition Schedule

AGES 5-8:
BALLET/TAP/JAZZ AUDITIONS
TUESDAY 5/12
4-5:30 PM

AGES 9-12:
BALLET, TAP, JAZZ
AUDITIONS TUESDAY 5/12
5:30-8:00 PM

AGES 13+:

WORKSHOP -
LEARN JAZZ, TAP, CONTEMPORARY,
BALLET
MONDAY 4/27
6:00-8:30 PM

INDIVIDUAL AUDITION -
JAZZ, TAP, CONTEMPORARY, BALLET
THURSDAY 5/7
5:00-9:00 PM

GROUP AUDITION -
BALLET, POINTE, TECHNIQUE
MONDAY 5/11
6:00-8:30 PM



ART Auditions Frequently Asked Questions

What is my dancer auditioning for?

These auditions are for the 2026/2027 dance season that runs from September through May. The ADC teaching staff evaluate the dancers on their ballet, jazz, tap, and contemporary (age 8+) technique. Faculty also watch the student's energy when performing and take into account their overall behavior in class. We use these auditions to determine if a dancer is ready to join ART Company and level them appropriately. Dancers receive a company level (mini, junior, artisan, etc) and a numerical level for ballet and tap (Ballet 1, Tap 2, etc).

What should my dancer wear?

Dancers should arrive in ballet dress code: a leotard (any color), tights, skirt, and ballet shoes, with their hair in a bun. They should also bring all of their current dance shoes. You can purchase any necessary items in the ADC lobby.

What is the workshop for?

The workshop allows our older dancers to learn their combinations for the audition. Dancers 13 and older perform jazz, tap, ballet and contemporary as solos. Once they learn the choreography at the workshop, students have a few weeks to practice at home. This gives us a better picture of our dancer's strengths.

Dancers in the age group 13+ will receive recorded material and guidelines on April 27th. They should arrive at their individual audition on time and be ready to perform. A calendly link will be sent for a 10 minute individual audition time slot. Ages 5-12 have NO recorded material/individual audition.



When will we get our results?

Our faculty releases the ART list on June 1 at 5 pm. You'll receive an email with your dancer's results and have a week to confirm whether they want to participate.

What else is involved?

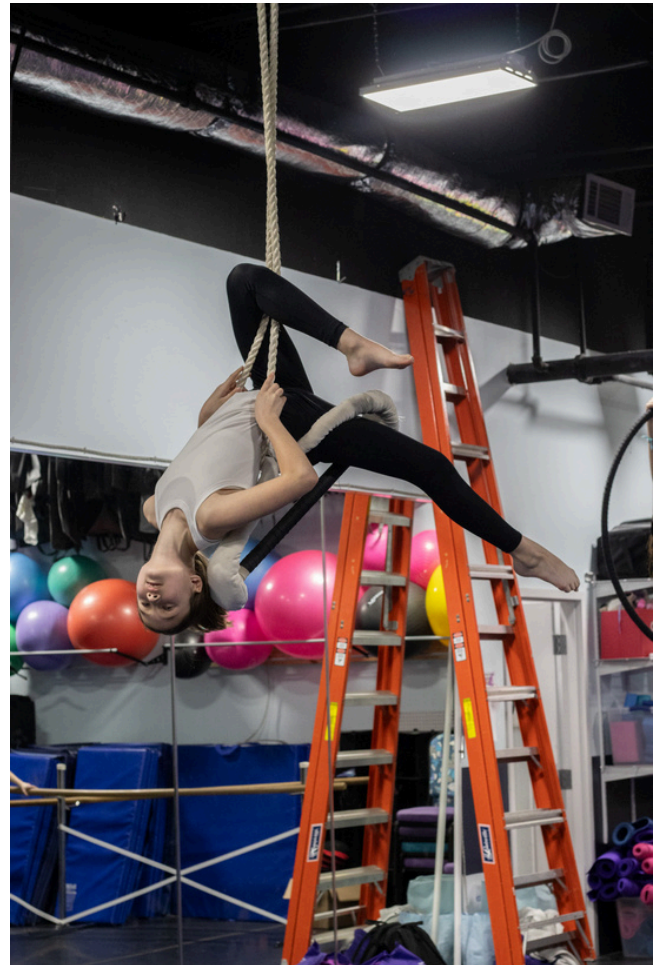
To make sure you have all the information ahead of time, we compile an ART handbook (released April 15). In it, you can find the class schedules, commitments, and the season calendar. By registering for the audition, you indicate that you've read the handbook and agree to follow it. It's a lot of information, so please reach out with any questions!

<https://atlantadancecentral.com/atlanta-rising-talent/>

What is APG?

Our Aerial Performance Group (APG) is a new and exciting opportunity for dancers showing interest in learning more aerial skills to be a part of a 45-minute artistic aerial performance.

ADC's Aerial Performance Group will have their first performance on April 18th at Blessed Trinity High School Theatre at 2 pm. This is a free event, and we would love for you to come see all of the hard work these dancers have put into this show!



Interested in joining APG next season? Join us for Open Class on Saturday, May 2nd at 1:30 PM; Parent Interest Meeting to follow at 2:30 PM

What is Pre-Company?

Do you notice your 4-year-old CANNOT WAIT for dance class? Or they love to perform for you around the house? Pre-Company might be a great next step for your student.

Pre-Company is an opportunity for dancers ages 4-5 that are excited for dance classes to have more opportunities to perform and set them up to be best prepared to join our Atlanta Rising Talent Company in the future.



Pre-Company Dancers are strong leaders in their primary classes and their ADC teachers see them understanding technique and following directions well.

Pre-Company meets for an extra 30-minute class during the week along with their option of one or two times per week

Core 5's class of Ballet/Tap or Hip Hop/Acro. Pre-Company dancers have the chance to perform in Once Upon a Holiday and ART Gala in addition to our May Recital.

Check out our Pre-Company 2025-2026 dancers perform in the ART Gala Pre-Show on Thursday, April 16th at Blessed Trinity High School's Theatre.



The Art of Mastering the Middle School Spiral

NEW BLOGPOST

Ah, Middle School . . . what a wonderful, completely disastrous, confusing, high energy, low sensitivity time. I hated my middle school years - 100% completely - and I had BIG FEELINGS pretty much every day. I was dealing with some tough friend issues and I didn't have the emotional experience to handle it. It was the first time people would say or act one-way and then behind my back do something completely different. If I was straight forward and asked about it, then it just created more secret whispers. I definitely wouldn't go back.

When I think about it now though, it was such a short time (overall) but then it felt never-ending.

So how can we, as trusted adults, make it easier for children to navigate? How do we handle those emotional lows that come on so quickly?

Well to start with, we can listen to the spiral, instead of trying to stop it. That is WAY easier said than done though.

Let's picture this:

You're having a pretty decent day. You have about 5 more errands to run before you go home and make dinner. You're going to pick up your teen from school and do blah, blah, blah

AND that will be perfect. You'll get it all done

and then . . . CURVE BALL.

They get into the car and start balling their eyes out. You think, "Now? Really?" You let them explain what's going on and the whole time you are triaging, trying to stop it and fix the problem.

It's not that bad.

IT IS THAT BAD

etc. etc for the next 10 minutes

So now you're getting worried. Something is seriously wrong. You start problem solving next steps - Do you go into the school tomorrow? Do you email the teacher?

This is the BIGGEST DEAL for them.

Yes It is. . . in that moment.

BUT here's the thing - teens actually feel better after they unload on you.

It's as if it's your problem now and they feel relief. In the book, [The Emotional Lives of Teenagers](#), author [Dr. Lisa Damour](#), explains how this works. Psychologists call it externalization: managing an unpleasant emotion by getting someone else to feel it instead.

Awesome (eye roll) . . .

So what does that mean when dealing with the spiral? Let it happen and know that by just being in the moment with them, they are going to feel better. We don't have to solve it, we don't have to do any more about it. We just need to make sure that we understand that this is their process. (Note:

Dr. Damour says if your child is sad about everything for days to seek professional help.)

So that's it. Deep breaths and find a way to detox after.



WE ARE ADC ★

Recital Countdown has begun!

Recital Dates: May 18-20

Roswell Cultural Arts Center

RECITAL CHECKLIST:

- Received Recital Packet and have marked dates on calendar
- Received Recital Costume in Garment Bag
- Received Recital Tights in Garment Bag
- Have correct color shoes for costume
- Joined Google Classroom to view practice videos
- Purchased Recital Tickets (Available in May)
- Sent in pic & goodluck text for Celebration Slide (details to come)

UPCOMING DUET DANCE REHEARSALS:

Saturday April 25th 1:30 PM

Saturday May 16th 1:30 PM

SUMMER CAMPS

AGE 3-7



Camp Hours:

9:00 - 1:00 PM (Half Day)

or

9:00 - 3:00 PM (Full Day)

*3-5 year olds may only register for
Half Day

Cost:

\$199 for Half Day

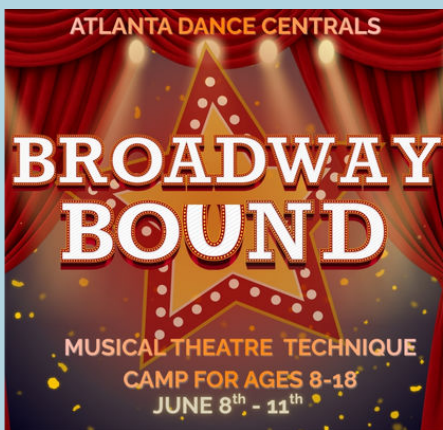
\$299 for Full Day

SUMMER CAMPS

AGE 8-10



Camp Hours:
9:00 - 3:00 PM
Cost: \$299



Camp Hours:
9:00 - 3:00 PM
Cost: \$399

Camp Hours:
9:00 - 3:00 PM
Cost: \$399



Camp Hours:
9:00 - 1:00 PM
Cost \$199

SUMMER CAMPS

AGE 11-18



Camp Hours:
9:00 - 3:00 PM
Cost: \$399



Camp Hours:
9:00 - 3:00 PM
Cost: \$399



Camp Hours:
10:00 - 2:00 PM
Cost \$199



Camp Hours:
9:00 - 3:00 PM
Cost: \$299





**Want to see something specific in next month's newsletter?
Is there a dance topic you'd like to learn more about?
Our goal is to design this newsletter around the needs of our ADC
parents, so send your feedback and ideas my way!**

**With Love,
Charlotte
charlotte@atlantadancecentral.com**



**FOR QUESTIONS ABOUT EVERYTHING ELSE, FEEL FREE TO
REACH OUT TO OUR AMAZING TEACHERS DIRECTLY**

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