

ADAA

ACHIEVE DANCE ARTS ACADEMY

启悟舞蹈艺术学院

- 使她们体型优美
- 让她们动作协调
- 使她们身轻如燕
- 给她们美的熏陶
- 使她们自信坚毅
- 让她们挺拔自豪
- 轻松高效地学习
- 伴着童年的欢笑
- 这里蓬勃地滋长
- 亭亭玉立的骄傲

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The 2nd place at the US dance competition national finals

ADAA — 《启悟舞蹈艺术学院》

- 经验丰富的专业老师

ADAA 有专业全职，经验丰富的舞蹈老师。叶老师、钱老师都是从小在上海接受全日制住校训练的专业舞蹈工作者，是全职从事舞蹈教学几十年的顶级教员。

- 专业设计的舞蹈场地

ADAA 具有专业设计的舞蹈教学环境。Studio A、B 和 C 都配备有优质音响，专业舞蹈把杆和教学镜面墙。

- 量体裁衣的训练计划

根据学生条件和家长意愿，你可以选择从集体舞蹈训练到优秀特殊培养的各种教学计划。

- 出类拔萃的艺术成果

除每年的正规剧场演出外，学生有机会参加全美舞蹈比赛。ADAA 已获 2015 年芭蕾独舞全美决赛冠军和多项全美决赛亚军等殊荣。



Class at ADAA

妈妈也爱美

自从孩子开始在 ADAA 跳舞，不少妈妈也利用孩子上课的等待时间加入成人舞蹈课。她们变得越来越年轻、越来越漂亮。

真是神奇，既培养了宝贝孩子，又没有亏待了自己。如今居然欲罢不能，身体越来越好，生活又增添了乐趣。

要想一睹她们的精彩表演，[请到主页上寻找视频链接。](#)

有位家长说

My daughter has been studying Chinese Folk Dance and Ballet at ADAA for the past three years and has enjoyed it very much.

The school provides a well-rounded training on various dance techniques. Kids get trained on both Chinese folk dance, western ballet and Gymnastics skills. This year, we had a new teacher teaching Jazz and Lyrical as well!

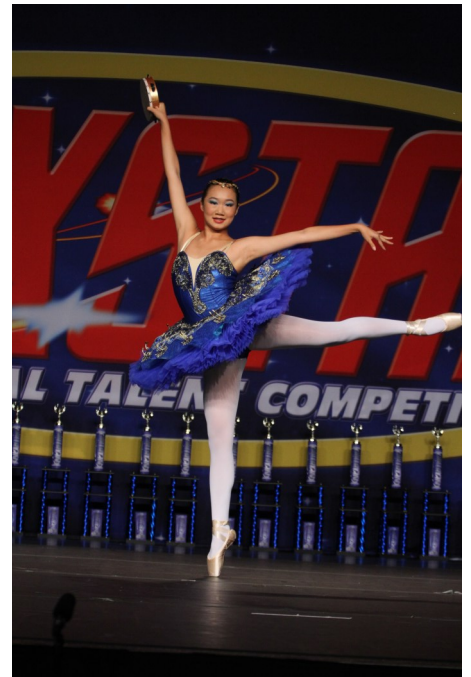
What I really liked about the program is that the kids get exposed to a variety of dances coming from both western and eastern culture, and learn to appreciate dancing in different styles. Our main teacher, Ms. Ye. is a great teacher. She really knows how to get the kids inspired, work hard to perfect their dancing skills, and at the same time, work as a team in a friendly environment.

为你的孩子作好舞蹈教学计划

有些家长已经为孩子的艺术修养和美丽的形象制定好了目标。我们愿意协助实现你们的梦想。与我们联系，让我们一起来努力。

ADAA 视频资料

- [2015 Contest Brief](#)
- [2015 Contest Video](#)
- [2014 Competition Finals](#)
- [Swan Lake 2013](#)
- [2015 Showcase Video](#)
- [2014 Showcase Video](#)
- [2013 Showcase Video](#)
- [Competition May 2014](#)



The 2015 US Champion, Ballet, Solo



The 2015 2nd Place US National Finals