


Welcome to Allison's Ballet Centre

*Where it's not what you do...
it's how you do it!*



The statement above applies to both what a student of dance learns and how he or she is taught.

At ABC, the student is trained in correct ballet technique and ballet artistry. Whether preparing for a career or dancing for personal enjoyment, learning the proper body placement, balance, muscle utilization, and presentation produces confident dancers and reduces the risk of improper muscle development and injury.

At ABC, we strive to create a fun, yet structured, environment where a child's self-esteem is strengthened through self-accomplishment, which is the best way a child can develop into a confident, well-adjusted adult.

Children will learn valuable life lessons in the ballet setting: (1) self-discipline, (2) how to handle success, (3) how to deal with failure, and (4) that learning from mistakes leads to success.

We believe education should be handled through motivation and positive reinforcement as opposed to criticism and negativity. Children want to please.

Allison's theories and policies are based on her lifelong study with the top national and international figures in the world of dance, forty-three years teaching in the field, and her personal experience in raising three successful sons, each of whom distinguished himself, both academically and in baseball, during high school and college.

Again, welcome! We are all excited about the 2025-2026 year at ABC.