



## Welcome to L'Adoré Studio!

Violin and fiddle lessons for students of all abilities and ages

### Contact Information

Sarah Foard

[sarah@ladorestudio.com](mailto:sarah@ladorestudio.com)

(301) 356-2190

### Location

317 S. Veitch St.

Arlington, VA 22204

## About Violin Lessons

### Ages 4-18 – Suzuki Lessons

Sarah teaches Suzuki method violin lessons to students ages 4-18. The Suzuki method is a world-renowned program that is guided by key philosophical and pedagogical principles. One central aspect of the Suzuki method is the collaborative effort between the teacher, parent, and child, who work as a team to help the child learn their instrument and develop as a musician. **All students take weekly private lessons** where they learn technique and repertoire. In addition, **they take bi-weekly group classes** with other Suzuki students at similar playing levels to develop ensemble skills and play their lesson repertoire in front of others. **The group classes happen every other Saturday morning.** Parents of younger students attend all private lessons and group classes. In order to progress as a musician and to awaken the joy and fulfillment of making music, students are expected to practice daily with their parents, and listen to their violin music every day.

### Adults – Traditional Lessons

Sarah welcomes adult students at all levels. Most adult students know the style of music they are interested in playing or have specific goals for their playing. Sarah helps them home in on the aspects they wish to improve, sharpen their repertoire of interest, and accompany them on their musical development.

## **Additional Activities for Students ages 4-18**

Recitals, Group Performances, and Jam Sessions – L'Adoré Studio holds two to three recitals per year and a fiddle jam session every March. The studio also holds outreach group performances at local venues, such as retirement homes and hospitals.

Book Recitals – The Suzuki method is organized in a series of sequential books of increasing difficulty. Since completing a book represents a milestone in that student's development, students who have completed a book are encouraged to give a special recital featuring their favorite pieces from that book. It is a fun way to celebrate and recognize all their hard work and achievement.

ASTACAP – Students in Suzuki Book 2 and beyond participate in the American String Teacher's Association Certificate Achievement Program, a graded performance program, which gives specific technique goals and provides individualized feedback from outside teachers.

School Orchestra – Students are highly encouraged to participate in their school orchestra. NOVA, DC, and MD have excellent school orchestra programs and they can only remain strong with the participation of students like you!

Youth Orchestra – Students are encouraged to audition for a youth orchestra once they are of the appropriate playing level. Playing in a good ensemble with peers is the best way to improve as a musician (technique and sight reading) and to learn to love playing. The value and importance of a youth orchestra can't be stressed enough.

## **Calendar, Billing Cycle, and Make Up Policy**

Lessons are billed by semester. Students are asked to pay either monthly at the beginning of each month or by the semester at the beginning of the semester. Students are expected to take all lessons in the semester unless arranged with Sarah at the start of the semester. For school aged students, group classes and recitals are part of the Suzuki Package and cannot be opted out. The studio is unable to reschedule or give a refund for any missed group classes or recitals. If a student has to miss a private lesson during the semester, they are asked to first try to swap their lesson time with another student. If they cannot swap lessons, then they can opt to schedule a make up lesson at the end of the semester for an additional \$30. Since weekly lesson times are categorically reserved for each individual student, the studio is unable to give a refund for a missed lesson.

Summer lessons are a la carte.

## Lesson Rates

30 minute lessons - \$57  
45 minute lessons - \$67  
60 minute lessons - \$77  
30 minute group classes - \$22  
45 minute group classes - \$27  
60 minute group classes - \$32  
Recitals and Events - \$27-52

## Required Materials

3-Ring Binder  
Spiral Notebook  
Music Books:

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CDs:

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## Youth Orchestras

American Youth Philharmonic (Annandale, VA)  
Crescendo (Arlington)  
McLean Youth Orchestra  
Washington Metropolitan Youth Orchestra (Alexandria)  
DC Youth Orchestra  
The Capitol Symphonic Youth Philharmonic (Oakton, VA)  
Maryland Classic Youth Orchestra (Bethesda)  
Potomac Valley Youth Orchestra (Potomac, MD)  
Levine Music (MD, DC)

## Music Stores, Instrument Rentals. and Luthiers

### Brobst Violins

5584 General Washington Dr., Alexandria, VA 22312

(703) 256-0566

[www.brobstviolins.com](http://www.brobstviolins.com)

### Donald M. Cohen

Alexandria, VA

(703) 548-2440

[www.cohenbows.com](http://www.cohenbows.com)

### Foxes Music

416 South Washington St., Falls Church, VA 22046

(703) 533-7393

[www.foxesmusic.com](http://www.foxesmusic.com)

### Gaile's Violin

10013 Rhode Island Ave., College Park, MD

(301) 474-4300

[www.gailesviolin.com](http://www.gailesviolin.com)

### Gary Frisch Violins

3008 Westcott St., Falls Church, VA 22042

(703) 533-5883

[www.garyfrischviolins.com](http://www.garyfrischviolins.com)

### Laschof Violins

1 East Diamond Ave. Suite F, Gaithersburg, MD 20877

[www.lashofviolins.com](http://www.lashofviolins.com)

(301) 330-2606

### Potters Violin Company

7711 Eastern Ave. Takoma Park, MD 20912

(301) 652-7070

[www.pottersviolins.com](http://www.pottersviolins.com)

### The Violin House of Weaver

4706 Highland Ave. Bethesda, MD 20814

(301) 654-2239

[www.weaversviolins.com](http://www.weaversviolins.com)

## **About Sarah Foard**

Sarah Foard teaches traditional violin, Suzuki, and fiddle lessons from her home practice, L'Adoré, in Arlington, VA and also at Levine Music in Washington, DC. Together, she maintains a vibrant and full studio of students of all ages and levels. Sarah has studied Suzuki violin pedagogy Rhonda Cole, Christie Felsing, Cathryn Lee, and Ed Sprunger, and traditional pedagogy with Rebecca Henry at the Peabody Institute of Music, Gerald Doan at the Cincinnati College-Conservatory of Music, and Mimi Zweig at Indiana University.

As a performer, Sarah blends the clean sounds of a classical violinist with the energy of Irish reels and the soul of early American jazz. Sarah began studying the violin at the age of five in Huntington, West Virginia where she practiced violin every day with her greatgrandmother and concert pianist, Dede (Mary Shep Mann). Sarah completed a music degree at the University of Cincinnati College-Conservatory of Music studying with Patricia Green, Laura Kobayashi, Piotr Milewski, and Rebecca Henry. She has also studied jazz violin with Eddie Drennon and improvisation with Tina Chancey. Sarah has performed at many venues throughout the DC area including the Kennedy Center, the ATLAS Theater, THEARC, and Strathmore Music Center. She now performs regularly with Black Oranges, the Sligo Creek Stompers, and the Bumper Jacksons.

In addition to performing and teaching music, Sarah has been a long time advocate of the Alexander Technique. Sarah has studied AT with numerous teachers including Karen Guertler, Cynthia Mauney, Jan Baty, and many more, and she incorporates its principles into her violin teaching. To learn more about Sarah Foard's private studios and hear her recordings, visit [www.ladorestudio.com](http://www.ladorestudio.com).