

#### Pre-school Classes: 3+

Isadora Duncan (Famous Dancer/ Choreographer) once said: "Let us teach little children to breathe, to vibrate, to feel and to become one with the general harmony and movement of nature. Let us first produce a beautiful human being, a dancing child."

Preschool classes are Creative movement classes which enable children to develop their bodies, minds, confidence and ability to communicate and express themselves.

Advantages of pre-school classes:

- Enhance children's abilities & fitness
- Aid children to become physically and spatially aware
- Stimulate children's listening skills
- Encourage expressive movement
- Build confidence and self-esteem
- Encourage children to become co-operative and sociable.

#### Classical Ballet: Ages 5+

The RAD (Royal Academy of Dance) syllabus stresses the importance of every student having an achievable goal.

The graded syllabus incorporates classical ballet, Free movement and character dance. Classical ballet is the foundation and most important part of the graded syllabi. Free movement incorporates movement taken from natural dance, contemporary dance and Greek dance. Character dance is the theatrical representation using ethnic dance and music which is adapted for stage. The students focus on Hungarian, Russian and Polish dance due to their importance in the traditional classical ballets.

The vocational syllabus requires that students attempting these exams have the type of body that can respond to the demanding study. The study of Pointe work replaces the free movement and character sections of the graded syllabi. Students are required to attend lessons at least three times a week.

#### Modern Theatre: Ages 5+

Syllabus Classes of the Imperial Society of Teachers of Dance (UK). Classes focus on rhythm, quality, style and fun!

The ISTD syllabus has adapted, developed and evolved with the changing fashion in dance. Through a carefully planned and well-tried syllabus which combines modern dance, jazz and other styles, young students are trained to become more disciplined and versatile dancers who have a professional attitude towards dance. The children's work is based on natural movements such as walking, running, skipping and jumping. It is designed to encourage and develop an imaginative and rapid response. Vocational levels are also developing to reflect the current demands of modern dance.

**Spanish: Age 10+, Vocational Levels (*Commencing in January 2009*)**

Students have the opportunity to experience the passionate flamenco dance discipline through the development of rhythm, and choreographic works.

**DanceEd Club: 11+, & Vocational Levels**

DanceEd Club provides students with the opportunity to attend various dance workshops held by guest teachers in ballet, jazz, Spanish, contemporary, hip-hop, repertoire, fitness, drama and singing. Students will also have talks/lectures in dance education such as dance notation, nutrition, and fitness.

**Jazz: Intermediate +**

Vocational Dance students are given the opportunity to attend jazz classes which compliment dance training through 'Stretching and strengthening'. Classes focus on developing style, technique and versatility. Styles include blues, jazz, musical theatre, lyrical and funky.

**Drama/Singing: 11+, & Vocational Levels**

Students wishing to develop their skills in the performing arts, or wishing to pursue a career in performing arts are encouraged to develop their skills on stage. Drama and singing classes will be offered

**Repertoire: Intermediate +**

Students are given the opportunity to learn dances from various ballets, and perform these dances. Repertoire classes provide the basis for a holistic dance education as students not only develop their performance skills, but also develop their appreciation skills which are instrumental in dance education.

**ISTD Ballet: Intermediate +**

Vocational dance students are given the opportunity to sit for the ISTD ballet examinations which not only help to develop the dancer's versatility, but also enable students wishing to pursue a career in dance, greater opportunities. These classes will start off as workshops, but once the ball is rolling ISTD Ballet classes will run on a regular basis.

**Contemporary: 15+, Intermediate +**

Vocational dance students are given the opportunity to explore alternative ways in which their bodies can move in space. Contemporary dance is a tool to strengthen the body, and increase flexibility through a wide range of contemporary techniques developing versatility.

**Pilates:**

Pilates is particularly beneficial for dancers to strengthen the inner abdominals, and create a streamlined body shape. Dancers will be able to lengthen the muscles and develop ultimate core control without bulking. Through developing the inner abdominal muscles, strain on the back is minimised and injuries are prevented.

Dancers of all levels can benefit from Pilates practice, as you can progress from beginner level to advanced. Regular practice will ensure all over body strength, and long supple muscles to improve your dance ability, as well as strengthen the inner core for ultimate control and balance. Dancers of all ages and ability are encouraged to practice Pilates to assist their dance skills and improve their overall health.

Classes for adults are also being held.

**Ballet for mums:**

Adult ballet classes for those mums who used to dance back when they were young, or those mums who always wished to do ballet...its never too late!