

## Information about Dance School classes

### Age guidelines:

<b>Family Dance</b>	2 ½–3 years		
<b>Dance to Your Own Tune 1</b>	3 years		
<b>Dance to Your Own tune 2</b>	4 years		
<b>Pre Primary</b>	5 years		
<b>Primary</b>	6 years		
<b>Grade 1</b>	7 years		
<b>Grade 2</b>	8 years		
<b>Grade 3 +</b>	9 years with some ballet experience		
<b>Creative</b>	4–8 years		
<b>Ballet for Beginners</b>	13–17 years		
<b>Boys Ballet</b>	Level 1: 5–8 years	Level 2: 9–11 years	Level 3: 12–17 years
<b>Contemporary</b>	Level 1: 9–12 years	Level 2: 13–17 years	
<b>West End jazz</b>	Level 1: 7–10 years	Level 2: 11–17 years	
<b>Street Dance</b>	Starters: 4–8 years	Level 1: 9–13 years	Level 2: 14–25 years
<b>Song &amp; Dance</b>	Level 1: 7–11 years	Level 2: 12–17 years	

### Level pre-requisite guidelines:

**Pre Vocational:** Grade 3 with Distinction

**Classical Ballet with Focus on Pointe Work A:** Intermediate +

**Classical Ballet with Focus on Pointe Work B:** Advanced 1 +

**Non Syllabus Ballet:** Advanced Foundation +

### **Family Dance Movement Class** (2 ½–3 year olds)

A fun and creative movement class for toddlers aged 2½ and above and their parent, grandparent or carer. Taught by a highly experienced and respected RAD teacher and accompanied by a pianist, these classes are a perfect introduction to movement and dance and provide a good springboard into the RAD Pre School curriculum. The classes are designed to improve the children's confidence and co-ordination and develop their social skills. Using an array of props and lively music, the classes guarantee to capture the children's and adult's imagination.

### **RAD Dance to Your Own Tune and Pre Primary and Primary in Dance** (3–6 year olds)

These structured classes develop students' physical skills, stamina, creativity, expression and musicality using a range of movements and musical styles. The syllabi prepare students for a successful transition to ballet and other dance genres at higher levels.

### **RAD Graded Ballet** (Grades 1–8)

The Graded Examinations in Dance Syllabus consists of three dance disciplines:

**Ballet** - the foundation and the most important part of the syllabus

**Free Movement** - it has been influenced by and incorporates movements in common with other dance styles such as Natural Movement, Contemporary and Classical Greek Dance

**Character** - the theatrical presentation of national dance using original ethnic dance and music which has been freely adapted for the theatre. The three styles — Hungarian, Russian and Polish — were selected because of their historic importance in the development of the nineteenth century full-length classical ballets.

### **Solo Performance Award (Grades 1–5)**

In addition to an Examination at each level, the RAD has also recently introduced an optional Solo Performance Award. This is an excellent opportunity for students to present three dances to an RAD Examiner and students will be individually assessed on technique, musicality, performance and recall. A great benefit of taking a Solo Performance Award is that students will be able to treat this like a performance. Students also have the option of enhancing their uniform for any of the dances to make simple costumes. Students can only join this class at the start of a term and they must have already taken an exam in the corresponding exam level of the Solo Performance Award class. This class runs for one term only and the Award is taken towards the end of the term.

### **Pre Vocational Ballet (Grade 4 +)**

A non-syllabus class specifically designed for students from Grade 4 upwards to develop their technique and strength and gain a sound knowledge of the vocabulary required for Intermediate Foundation. This will ensure a more seamless transition for the student from the Graded syllabus into Vocational levels. Entry into this class is by invitation only and the class must be taken in addition to at least one Graded class.

### **RAD Vocational Ballet (Intermediate Foundation–Advanced 2)**

The Vocational Graded Examinations in Dance Syllabus provides an **in-depth study** of ballet developing the technique, music and performance skills of the student. It introduces Pointe work for female candidates. This highly focused and practical training education prepares students for a dance, or dance related, career. The Vocational Graded syllabi are appropriate for students from the age of 11 years. Students wishing to study for Vocational Graded examinations should have the maturity and technical aptitude to enable them to respond to demanding study.

### **Classical Ballet with a focus on Pointe work A (Intermediate +)**

A classical ballet class with a strong focus on the development of Pointe work. Following a structured warm up, students will study at least 30 minutes of Pointe work. This is a fantastic opportunity for students at Intermediate Level and above to strengthen and develop their technique in this key area of classical ballet whilst also working on their performance and artistry skills.

### **Classical Ballet with a focus on Pointe work B (Advanced 1 +)**

A classical ballet class with a strong focus on the development of Pointe work. Following a structured warm up, this 1hr 30 minute class will give students a minimum of 45 minutes of Pointe work. This is a fantastic opportunity for students at Advanced 1 Level and above to strengthen and develop their technique in this key area of classical ballet.

### **Non Syllabus Ballet (Advanced Levels only)**

A non syllabus, classical ballet class for students of Advanced Level. Students are given the opportunity to use their RAD syllabus training in this challenging and focussed class.

### **Classicore (Intermediate Foundation or Improvers Level 2 and above in ballet or other dance style)**

A new class designed to enhance flexibility, strength, and fluidity of movement, the 'Classicore' approach is a unique integration of Pilates and ballet based floor work, dynamic stretching and body conditioning exercises. Classicore has been developed uniquely for dancers as a core-strengthening supplement to their technique class, and emphasizes proper alignment, fluidity and movements that lengthen as they tone, increasing both suppleness and stamina.

### **Boys Ballet (Level 1: 5–8 year olds, Level 2: 9–11 year olds, Level 3: 12–16 year olds)**

A specialist non-syllabus class for boys which focuses on male ballet technique and choreography. Taught by a male RAD teacher the classes develop core strength, musicality and presentation skills and are invaluable to dance students. Promoting fitness and well-being, boys ballet provides a core technique that will enhance performance in all other styles of dance, from jazz and tap to contemporary and street dance.

### **Ballet for Beginners** (13–17 year olds)

Suitable for students with little or no previous experience of ballet, these non-syllabus classes introduce the basics of ballet technique with an emphasis on fun and enjoyment. The study of ballet improves posture, general health and co-ordination whilst giving the opportunity to express and communicate through music and movement. The classes are taught by a highly experienced RAD teacher and accompanied by a pianist and are a perfect preparation for RAD adult ballet or Graded syllabus classes.

### **West End Jazz Level 1** (7–10 year olds)

This exciting class gives the perfect introduction to jazz dance as seen on the West End stage. Students will begin to develop basic jazz dance technique including preparation for turning, leaps and isolation movements. Warm up exercises are followed by a fun dance routine; a thoroughly enjoyable jazz experience!

### **West End Jazz Level 2** (11–17 year olds)

Following a jazz warm up and technique exercises, students learn choreography from some of the best West End shows including *Matilda*, *Billy Elliot*, *Hairspray* and *Chicago*. Developing routines over a few weeks, students gain a sound knowledge of the style before moving on to new choreography. This fun and energetic general level class is taught by a professional teacher and choreographer.

### **Creative** (4–8 year olds)

An inspiring and imaginative class; tell a story through dance! Participants are encouraged to express themselves through music, movement and improvisation. This class helps to prepare students for other dance genres including contemporary and jazz.

### **Contemporary (Level 1: 9–12 year olds, Level 2: 13–17 year olds)**

Contemporary dance is versatile and can be danced to almost any style of music, or united with other dance forms to create new styles of movement. Level 1 provides the perfect introduction to contemporary dance technique, movement and self-expression. Exercises are developed to create choreographed routines.

Level 2 further develops student's movement skills and vocabulary, stretching them physically and creatively. This class also provides additional technique support for students taking GCSE or A Level Dance courses.

### **Street Starters** (4–8 years) **NEW for September 2013!**

Fun, energetic and professionally taught, this structured dance class is designed to develop co-ordination, introduce technique and build confidence in a friendly and welcoming environment. Students learn Street dance styles to the latest tunes, a great way to introduce children to dance!

### **Street Dance (Level 1: 9–13 year olds, Level 2: 14–25 year olds)**

High energy and stylised, these urban style classes are taught by a professional dancer and choreographer. Routines incorporate movements such as popping, locking, funk, jamming and hip hop and are performed to commercial and popular music. Students are also encouraged to express themselves through improvisation and free styling! *RAD Friday Club offers are available if taken with Song & Dance.*

### **Song & Dance (Level 1: 7–11 year olds, Level 2: 12–17 year olds)**

Covering a range of musical genres from current recording artists to musical theatre and film, Song & Dance gives students the opportunity to learn their favourite tracks and the dance combinations to perform them to. Students will develop skills in breathing, pitch, tone, harmony, voice projection and performance. Be a part of RAD's very own Glee Club! *RAD Friday Club offers are available if taken with Song & Dance.*