

DANCE AVENUE

BALLET INFORMATION 2009

At Dance Avenue we recommend students learn Classical Ballet. A sound ballet technique provides an easy transition into other forms of dance. Ballet trains the body carefully, developing strength, control, coordination and line. We offer beginner classes for older and teenage students along with classes in RAD Ballet from Pre Primary to Majors.

To be considered for RAD Primary to Grade 5 Ballet Exams students must attend two ballet classes per week. Exams are held at our studio in Oct/Nov session and students will be required for an exam holiday intensive workshop prior to the exams.

Grade 6 – 8, Intermediate Foundation to Advance Ballet students must attend the three weekly classes plus pointe class, to be considered for the RAD Exam.

Exams for Major students will be by individual selection in either May or October Exam Session and held at the RAD Headquarters in Darlington.

Private lessons are recommended for all exams. This gives the students the personalized attention to help them strive for the high standard our school is renowned for:

Pre Primary Ballet Classes – This class is specifically devised to suit tiny ballerinas aged 3 years to 5. It introduces the very basics of classical ballet, body awareness style and poise, introductory vocabulary of ballet steps and movement, dance dynamics, concepts of music, free interpretation through movement and music, social and emotional development, listening skills, fine and gross motor skills, concepts of direction and position, physical fitness, grooming and presentation skills, self confidence and self esteem.

The class is programmed to be stimulating to the children in a fun and magical atmosphere where the joy of dance is one of the main class objectives. This class is guided by the Royal Academy of Dance Syllabus.

Primary Ballet Class – The primary ballet class is specifically designed to cater for beginner ballerinas aged 3 to 5 years. It teaches the students basic movements of classical ballet technique – body awareness, style and poise, a starter vocabulary of traditional ballet steps and movements, dance dynamics, concepts of music and rhythm, artistic impression development through creative imagination and free movement, social and emotional development, listening, understanding and memory skills. This class is programmed especially where the joy of dance is one of the main class objectives.

Grade 1,2,3,4,5 Ballet Classes – These classes are a natural progression through the Royal Academy of Dance Examination syllabus. The syllabus consists of three different sections. The classical work is the foundation and the most important part of the syllabus.

The Major Syllabus – Intermediate through to Advanced 2 is the continuation of classical ballet with the introduction of pointe work for females. These syllabi have been designed to give the necessary training to students wishing to study dance or dance related subjects. Students wishing to study the Major Syllabus should have the type of body which can respond to demanding study. For example, a relatively proportionate, flexible physique with a degree of rotation.

Classical, Free Movement and Character. No Pointe work is required for this syllabus.

It is very important that all students are dressed correctly for all classical classes – it is beneficial for students to have the skirts and character shoes for class, but other such items are the satin shoes, elastic hi alignment bands and ribbons on the skirts are not required until much closer to the exams.

- List of exactly what students must wear to class leotard, ballet skirt (optional), ballet stockings, ballet shoes, hair pulled back into bun.
- Class consistency is a must; the more classes missed the more the students fall behind.
- There is no better way of learning to dance than studying with other people who are equally interested and motivated to succeed.
- Working in a disciplined way will not only help you to achieve much more in your dancing, it should also assist you in other areas of study – and generally prepare you for life in the future.
- Your teacher will correct your movements from time to time. Try to understand why and work hard to get them right. Pay attention to other student's corrections because they might help you too!
- Ballet is exhausting and time consuming, but it is also exciting and creative and many dancers become totally dedicated to their profession.
- A Dancer should always be perfectly dressed and groomed. It is part of the self – discipline which goes hand-in-hand with ballet training itself, and is evidence of the student's serious approach.

We wish all students the best with their Exams and hope this information helps them along the way.

Regards,
Dance Avenue