

**Age Guidelines**

Preschool Dance: 3-5 years

Kindy Dance: 5-6 years

Junior Dance: 7-8 years

Pre – Intermediate Dance: 7-8 years

Intermediate Dance: 8 and older

Pre-Senior Dance: 10 and older

Senior Dance: 12 and older

## **Preschool Level**

### Preschool Ballet (3-5 years)

Separated into two class levels by age our 3-4- and 4-5-year classes are perfect beginner dance classes for your little one. Based on the foundations of classical ballet these classes also include rhythm, exercises for gross motor skill development, coordination and muscle control. Set to a mix of classical and pop music these lessons are fun and engaging whilst also building the core dance foundations.

## **Kindy Level**

### Kindy Ballet (5-6 years)

Students learn either the Pre-Primary or Primary RAD ballet syllabus. The music for this class is fun and familiar to them and expands on the techniques learned in our preschool classes. We do some warming up, stretching, progressions across the room (including skips, kicks and basic turning skills). Students have the option to sit their first RAD exam in these levels, please speak to us to determine which class your child best suited for.

Pre-Primary Ballet suitable for children aged 5 years

Primary Ballet suitable for children aged 5 years

### Kindy Jazz (4-6 years)

This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. To excel in jazz, it is encouraged that students also study classical ballet as it encourages natural grace and balance.

We strongly believe that although many young children want to study Jazz, they wait until they are over the age of 4, as many of the moves require a level of maturity, which is not yet developed before this age.

suitable for children aged 4 – 6 years

## **Junior Level**

### Junior Ballet (7-8 years)

Formally grade 1 2019

Students in this class learn from our Grade 1 RAD Syllabus. It is not uncommon for students to spend 12-18 months in grade 1 ballet, there is a lot of new skill to learn including traditional Hungarian Character dance which is included in their coursework.

Suitable for children aged 7-8 years

### Junior Jazz (7-8 years)

This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. To excel in jazz, it is encouraged that students also study classical ballet as it encourages natural grace and balance.

Suitable for children aged 7-8 years

### Junior HipHop/Acro

Although it may look easy, Hip Hop requires control and flexibility. Being able to move a certain body part independently from others. The feet are grounded, the chest is down, and the body is kept loose so that a dancer can easily alternate between hitting the beat or riding through the beat.

We strongly believe that although many young children want to study Hip Hop, they wait until they are over the age of 5, as many of the moves require a level of maturity, which is not yet developed before this age.

Suitable for children aged 6-8 years

Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

suitable for children aged 7-8 years and older

### Junior Show troupe

In 2020 we are very excited to offer a show troupe class for the first time, this class will be via audition only and any child who is over the age of 5 years and participating in more than 2 classes per week is welcome to audition. Auditions will be held in week 2 of term 1 2020 at the WPH scout hall studio from 12-12:30 pm.

Successful dancers will be part of a yearlong commitment, the team working towards additional performances throughout the year.

## **Pre-Intermediate Level**

### Pre – Intermediate Jazz

This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. To excel in jazz, it is encouraged that students also study classical ballet as it encourages natural grace and balance.

suitable for children aged 7 - 8 years and older

### Pre – Intermediate Tap

Tap is a wonderful style of dance, performed wearing special shoes with metal 'taps' on the balls and soles of the feet to create specific sounds.

Danced to a variety of musical styles Tap offers students a wonderful chance to focus on the dynamics of the music, whilst exploring differing rhythms.

Suitable for children aged 7 - 8 years and older

### Pre – Intermediate Acro

Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

suitable for children aged 7 - 8 years and older

### Junior Show troupe

In 2020 we are very excited to offer a show troupe class for the first time, this class will be via audition only and any child who is over the age of 5 years and participating in more than 2 classes per week is welcome to audition. Auditions will be held in week 2 of term 1 2020 at the WPH scout hall studio from 12-12:30 pm.

Successful dancers will be part of a yearlong commitment, the team working towards additional performances throughout the year.

## **Intermediate Level**

### Intermediate Ballet

Formally grade 2 2019

Formally grade 3 2019

Students in this level are either learning from the Grade 2 or 3 RAD Syllabus. Students' progress best in these levels once having completed the RAD Grade 1 (exams are not necessary) coursework. Students also continue to learn traditional Character dance from Polish and Russian styles.

Suitable for students 8 years and older

### Intermediate Jazz

This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. To excel in jazz, it is encouraged that students also study classical ballet as it encourages natural grace and balance.

suitable for children aged 8 years and older

### Intermediate Hip Hop

Although it may look easy, Hip Hop requires control and flexibility. Being able to move a certain body part independently from others. The feet are grounded, the chest is down, and the body is kept loose so that a dancer can easily alternate between hitting the beat or riding through the beat.

Suitable for children aged 8 years and older

### Intermediate Acro

Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

Suitable for students 8 years and older

### Intermediate Lyrical

Lyrical dance is a dance style that blends ballet and jazz dance. Lyrical is generally smoother and a bit faster than ballet, but not quite as fast as jazz. A lyrical dancer uses movement to express strong emotions such as love, joy, and anger.

Lyrical dancers usually perform to music with lyrics. The lyrics of the chosen song serve as inspiration for movements and expressions.

Music used for lyrical is typically emotionally charged and expressive. Music may consist of many genres including pop, rock and hip hop. Powerful, expressive songs are often used in lyrical dance to give dancers a chance to express a range of strong emotions through their dancing.

Movements in lyrical dance are characterized by fluidity and grace, with the dancer flowing seamlessly from one move to another, holding finishing steps if possible. Leaps are exceptionally high and soaring, and turns are fluid and continuous.

Suitable for children aged 8 years and older

### Junior Show troupe

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Successful dancers will be part of a yearlong commitment, the team working towards additional performances throughout the year.

## **Pre – Senior**

### Pre-Senior Ballet

Formally grade 4 2019

Students in this level are either learning from the Grade 4 or 5 RAD Syllabus. Students' progress best in these levels once having completed the RAD Grade 3 (exams are not necessary) coursework. Students also continue to learn traditional Character dance from Polish and Russian styles.

Suitable for students 10 years and older

### Pointe Prep

For students who are in Pre-Senior or Senior level ballet classes but not yet in pointe shoes the pointe prep class will be suitable.

### Pre-Senior Acro

Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

Suitable for students 10 years and older

### Pre-Senior Contemporary

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements

Suitable for students 10 years and older

### Pre-Senior Jazz

This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. To excel in jazz, it is encouraged that students also study classical ballet as it encourages natural grace and balance.

suitable for children aged 10 years and older

### Senior Tap/Musical Theatre

#### Senior Show troupe

In 2020 we are very excited to offer a show troupe class for the first time, this class will be via audition only and any child who is over the age of 11 years and participating in more than 2 classes per week is welcome to audition. Auditions will be held in week 2 of term 1 2020 at the WPH valley community centre studio from 7-7:30 pm.

Successful dancers will be part of a yearlong commitment, the team working towards additional performances throughout the year.

## **Senior**

### Senior Ballet

Formally Intermediate Foundation Ballet 2019

Formally Intermediate Ballet 2019

In this class, students learn either RAD Intermediate Foundation or Intermediate Ballet. Our dancers build on their ballet technique learned from previous grades, entry into these classes is via a short meeting with the principal to determine the best level. There are opportunities for students in this class to participate in ballet exams which will encourage them to progress through the syllabus and work hard to move up into the next graded level.

Suitable for students 12 years and older

### Pointe

Pointe class is only open to those students who are currently in Intermediate Foundation Ballet and above. All students must be assessed by a physio before proceeding onto pointe shoes.

### Senior Jazz

This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps, and quick turns. To excel in jazz, it is encouraged that students also study classical ballet as it encourages natural grace and balance.

suitable for children aged 12 years and older

### Senior Contemporary

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements

Suitable for students 12 years and older

### Senior Hip Hop

Although it may look easy, Hip Hop requires control and flexibility. Being able to move a certain body part independently from others. The feet are grounded, the chest is down, and the body is kept loose so that a dancer can easily alternate between hitting the beat or riding through the beat.

Suitable for children aged 12 years and older

### Senior Tap/Musical Theatre

#### Senior Show troupe

In 2020 we are very excited to offer a show troupe class for the first time, this class will be via audition only and any child who is over the age of 11 years and participating in more than 2 classes per week is

welcome to audition. Auditions will be held in week 2 of term 1 2020 at the WPH valley community centre studio from 7-7:30 pm.

Successful dancers will be part of a yearlong commitment, the team working towards additional performances throughout the year.