

The ballet program at Dance Central is designed to gradually build in duration & intensity, allowing the safe development of the dancer over time. The RAD syllabus provides structure for our students, developing classical technique, musicality and performance skills. We follow this ballet syllabus whether our students are dancing recreationally or pursuing a graded pathway. Students who wish to pursue a career in the dance industry, should follow the Graded & Vocational pathway.

Junior Ballet Classes

Jazz Ballet

Age: 4-5 yrs.

Students must be 4 years @ 1 February

- Students stay in this class for 1 year

Pre-primary – 1x 0.45 hours/week

Age: 5-6 yrs.

Students must be 5 years @ 1 February

- End of Year Performance
- Students stay in this class for 1 year

Primary - 1x 0.45 hours/week

Age: 6-8 yrs.

New students without experience must be 7 years @ 1 February

New 6-year-old @ 1 February should enroll in Pre-Primary

- Class Presentation
- End of Year Performance
- A student may need longer than 1 year in this class

Grade 1 – 1 or 2x 0.45 hours/week

Age: 8-10 yrs.

New students without experience must be 9 years @ 1 February

New 8-year-old @ 1 February should enroll in Primary

- Class Presentation
- End of Year Performance
- A student may need longer than 1 year in this class
- Progression forward will be determined by the student's teacher in consultation with the Head of the Ballet Division

Recreational Ballet Classes

Our recreational ballet classes provide an alternate for students who do not want to progress through the Graded and Vocational programs. They also provide an entry point into our ballet programs for new students without previous experience who are over the age of 11 years.

Recreational Ballet (10-13 years) – 1x1.0 hours/week

Age: 10-13 yrs.

[New students without experience must be 11 years @ 1 February](#)

[New 10-year-old @ 1 February should enroll in Grade 1](#)

Notes:

- No prerequisites
- No exams
- End of Year Performance
- Participation in other styles encouraged

Recreational Ballet (13-16 years) – 1x1.0 hours/week

Age: 13-16 yrs.

[New students without experience must be 14 years @ 1 February](#)

[New 13-year-old @ 1 February should enroll in Recreational \(10-13 years\)](#)

Notes:

- No prerequisites
- No exams
- End of Year Performance
- Participation in other styles encouraged

Graded and Vocational Program

In the Graded and Vocational Programs, the following applies:

- Placement in these programs should be made via a request to Head of Ballet email: ballet@dance-central.com.au
- Single classes are **not** available
- Participation in other styles is encouraged
- RAD Exams are encouraged, but not compulsory to students in these programs
- End of Year Performance opportunity
- Students may need longer than 1 year in some levels, vocational grades often take 18 mths-2 years
- Progression forward will be determined by the student's teacher in consultation with the Head of the Ballet Division

Grade 2 Ballet Program

Package: 2x Grade 2 Ballet (2.0 hours)

Age: 9-11 yrs.

[Trial class: Grade 2 students from other schools](#)

[Trial class: 11 years beginners wishing to participate in Troupe or Ballet Package](#)

Grade 3 Ballet Program

Package: 2x Grade 3 Ballet, 1x Ballet Conditioning (2.5 hours)

Age: 10-12 yrs.

[Trial class: Grade 3 students from other schools](#)

[Trial class: 12 years beginners wishing to participate in Troupe or Ballet Package](#)

Grade 4 Ballet Program

Package: 2x Grade 4 Ballet, 1x Ballet Conditioning (2.5 hours)

Age: 11-13 yrs.

[Trial class: Grade 4 students from other schools](#)

[Trial class: 13-14 years beginners wishing to participate in Troupe or Ballet Package](#)

Grade 6 Ballet Program

Package: 2x Grade 6 Ballet, 2x Conditioning, Level 1 Pointe (4.5 hours)

Age: 12-14 yrs.

[Trial class: Grade 6 students from other schools](#)

[Trial class: 15+ years beginners wishing to participate in Troupe or Ballet Package](#)

Intermediate Foundation Ballet Program

Package: 2x Intermediate Foundation Ballet, 2x Conditioning, 2x Level 2 Pointe (5.0 hours)

Age: 14+ yrs.

[Trial class: Grade 6 or Intermediate Foundation students from other schools](#)