

## **DANCE CENTRAL – BALLET PROGRAM 2024**

The ballet program at Dance Central is designed to gradually build in duration & intensity, allowing the safe development of the dancer over time. The Royal Academy of Dance (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 opportunity
- 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-olds @ 1 February should enroll in Pre-Primary

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

## RECREATIONAL BALLET CLASSES

Our recreational ballet classes provide an alternate for students who do not want to progress through the Graded and Vocational pathway. They also provide an entry point into our ballet programs for new students without previous experience who are over the age of 9 years. All classes are guided by the RAD Syllabus; however, teachers use a variety of set and open exercises to meet the individual needs of the group.

In the Recreational Ballet classes, the following applies:

- No previous ballet experience required
- No exams/class awards
- End of Year performance opportunity
- Participation in other styles encouraged

### **Recreational Ballet – Level 1 – 1x0.45 hours/week**

Age: 8-10yrs.

New students without previous ballet experience must be 9 years @ 1 February

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

### **Recreational Ballet – Level 2 – 1x1.0 hours/week**

Age: 9-11yrs.

New students without previous ballet experience must be 11 years @ 1 February

New 9- and 10-year-olds @ 1 February should enroll in Level 1

### **Recreational Ballet – Level 3 – 1x1.0 hours/week**

Age: 11-15 yrs.

New students without previous ballet experience must be 12 years @ 1 February

New 11-year-olds @ 1 February should enroll in Level 2

### **Recreational Ballet – Level 4 – 1x1.0 hours/week**

Age: 14-18 yrs.

Suitable for teenagers new to ballet who have experience in other styles of dance

## GRADED AND VOCATIONAL PROGRAMS

The ballet programs listed below are recommended for students wishing to follow the Graded & Vocational pathways. Students within these programs study the RAD syllabus and have the option to sit for exams/class awards. All classes within these ballet programs are compulsory and packages have been discounted to help make them more affordable for our DC families.

New students wishing to join these programs will need to book in for a free trial class to determine their correct level. Please contact our Ballet Coordinator [ballet@dance-central.com.au](mailto:ballet@dance-central.com.au)

Ballet extension opportunities are available to students in Grade 4 and above who are keen to progress their ballet further. These may include adding a higher-level technical class or a ballet repertoire class. Please contact our Ballet Coordinator [ballet@dance-central.com.au](mailto:ballet@dance-central.com.au) to place an expression of interest.

In the Graded and Vocational Programs, the following applies:

- Placement in these programs should be made via a request to our Ballet Coordinator [ballet@dance-central.com.au](mailto:ballet@dance-central.com.au)
- Single classes are **not** available
- Participation in other styles is encouraged
- RAD exams/class awards are encouraged, but not compulsory
- End of year performance opportunity
- Students may need longer than 1 year in some grades
- Vocational grades often take 18 mths-2 years

### **Grade 1 Ballet Program**

**Package:** 2x Grade 1 Ballet (1.5 hours)

Age: 8-10 yrs.

**Trial class:** [Grade 1 students from other schools](#)

### **Grade 2 Ballet Program**

**Package:** 2x Grade 2 Ballet (2.0 hours)

Age: 9-11 yrs.

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

### **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](#)

### **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](#)

**Grade 5 Ballet Program**

**Package:** 2x Grade 5 Ballet, 1x Conditioning, Level 1 Pointe (4.0 hours)

Age: 12-14 yrs.

Trial class: [Grade 5 students from other schools](#)

**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](#)

**Intermediate Ballet Program**

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

Age: 14+ yrs.

Trial class: [Grade 7 or Intermediate students from other schools](#)