

Royal Academy of Dance Ballet Classes

Pre-School Dance Curriculum (Ages 3 – 5 years old. Levels are based on maturity and ability to focus)

Pre-School Dance Level 1 [PSL1] & Pre-School Dance Level 2 [PSL2]

The Pre-School curriculum was developed to help young children become more aware of their body and an understanding of how it moves through space. It teaches increased self-control, coordination, and confidence while helping children to become more sensitive to music through movement and as a means of self-expression in response to music. Children who are toilet-trained and can be away from their parents for an hour class will enjoy exploring dance movement with music. Placement in class levels is based on maturity and ability to focus, not age. It is not uncommon for young children to repeat a class level for a second year.

Each lesson follows a theme that children can relate to and works to incorporate the learning components mentioned above by having children respond to teacher-prompted movements or by collaborating with the teacher to respond creatively to music.

EXAMPLES of Monthly Pre-School Themes:

- July/August..... Parade Day
- September Woodland Friends
- October Farm Fun
- NovemberJungle Jam
- December..... Toyland
- JanuaryThe Enchanted Castle
- February Camping Trip
- March..... Come to the Circus
- April..... Bunny Hollow
- May..... Spring Showcase
- June..... A Day at the Seashore

Lower Grades

Pre-Primary (Approximately 5 - 6 years old) [PP] & Primary (Approximately 6 - 8 years old) [P]

The Pre-Primary and Primary dance syllabus was developed to help children learn critical thinking, self-confidence, and social-emotional skills through a dance course that is artistically and developmentally appropriate for their age and appealing to young children.

The aims of the syllabus are to improve motor development by helping children to become more skillful in natural dance movements, improving their physical fitness, and promoting self-expression through movement. Cognitive development is fostered through learning movements, developing creative skills, and learning musicality and sensitivity in response to music. Self-esteem and self-confidence are also developed in an environment that enables children to become independent and co-operative learners. The program encourages creativity by engaging the students in planning exercises set to musical pieces and to express emotion through **story telling. By making children feel good about what they are doing, we help to nurture a good self-esteem.**

Grade One (Approximately 7 - 9 years old) [G1]

This class is for mature beginners and children who have earned their Primary certificate. Uniform: as for Grade One.

Grade Two [G2]

At this stage technical demands accelerate, and a wider variety of rhythms are used. Students should have studied Grade One work and achieved that standard. Uniform: as for Grade Two.

Grade Three [G3]

Increasing demands of concentration, discipline and stamina make this level a challenging one. Uniform: as for Grade Three. Girls need to have pink ballet shoes with pink ribbons.

Grade Four [G4]

Progression of technique and greater understanding of style accompany more sophisticated rhythms. Uniform: as for Grade Four. Girls need to have pink ballet shoes with pink ribbons.

Grade Five [G5]

Progression of technique, including correct transfer of weight and use of the turn-out muscles will be studied along with building of strength necessary for pointe work and Polish character steps. Included in this class are identification of dance rhythms and an understanding of their style. Promising Grade Five students are encouraged to attend one or two major classes a week. Uniform: as for Grade Five. Girls need to have pink ballet shoes with pink ribbons.

Major Classes | Upper Grades

Greater artistry and techniques are emphasized in these major and upper grade classes. It is around this level that dancers make the transition from children's work to professional training, although in many cases there is some overlap. Pointe work is included for girls, but some children may not be strong enough for this at the time major work commences. This must be left to the teacher's discretion. Uniform: as for majors and upper grades.

Grade Six | Grade Seven | Grade Eight [G6 | G7 | G8]

Greater artistry and presentations are the focus. Students perform studies taken from some of the most famous ballets.

Master Class

Students are offered the opportunity to do unset work once a week to challenge them mentally and allow them to respond to a variety of choreography. While there is one primary teacher for the master classes, other instructors are occasionally invited to teach. This better prepares vocational level students for their exams by exposing them to different instructors.

Pointe Class

This is an optional class, but highly recommended, for vocational level students to provide additional training time on pointe.

Vocational Grades [IF | INT | AF | A1 | A2]

Emphasis is on strengthening technique in classical ballet. Pointe work is included for girls. Technique at this level becomes much more demanding and requires a greater amount of strength:

1. Intermediate Foundation (IF)
2. Intermediate (INT)
3. Advanced Foundation (AF)
4. Advanced One (A1)
5. Advanced Two (A2)

Solo Seal [SS]

The highest level that can be examined is the solo seal. Dancers must receive a "Distinction" score result from their Advanced Two examination in order to enter this level. Dancers passing solo seal have the potential to be a soloist in a professional company.

Note: Most of our students in the upper grades (Grades 6, 7, and 8) train concurrently in a graded class and a vocational class; we refer to this as studying for "double exams" (one graded, one vocational). Grades 6, 7, and 8 focus on dances that emphasize performance and artistry; vocational classes focus on technique. The combination of both graded and vocational classes helps our students develop into well-rounded dancers who perform with proper technique as well as artistry.

Auxiliary Program (Non-RAD Classes)

(No RAD examinations or Nutcracker performances for students enrolled in these classes)

Adult | Teen Ballet [ADT | TN BLT]

This recreational class for teens and adults is for beginners and those who wish to continue practicing and refining their ballet technique. It may occasionally be offered if there is enough demand to fill a class. Recreational ballet classes use elements of the RAD syllabus, but there are no performances or RAD examinations.

Ballet for Ice Skaters [SKT BLT]

This recreational class is specifically for children who are ice skaters and focuses on ballet fundamentals. It may occasionally be offered if there is enough demand to fill a class. Recreational ballet classes use elements of the RAD syllabus, but there are no performances or RAD examinations.

Contemporary Dance [CNTPI]

Ballet provides the foundation for many types of dance. Students are given an opportunity to experience other forms of dance expression. The Contemporary class includes modern* and lyrical* dance. Students enrolled in our Fall/Spring School Year will perform in our Annual Showcase; there is no performance for those enrolled in the Summer Session program. There is no RAD examination or Nutcracker performance.

* Modern: Modern dance is a genre of dance that is usually performed in bare feet with non-traditional costumes. It emphasizes use of the torso employing elements as contact-release, floor work, fall and recovery, and improvisation.

* Lyrical: Lyrical dance is a dance style that blends ballet and jazz dance. Lyrical dancers use movement to express 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 as long as possible. Leaps are exceptionally high and soaring, and turns are fluid and continuous. A lyrical routine will showcase a dancer's strength, musicality, emotion and resistance.

Lyrical | Jazz [LYRC]

Separate level classes will be offered in Lyrical/Jazz. Lyrical/Jazz "Junior" classes are for younger students in levels Primary through Grade 3. Lyrical/Jazz "Senior" classes are for older students in Grade 4 and above and can include older beginners such as teens.

Jazz* and Lyrical* genres will be combined to create a fun, exciting, yet challenging class that will allow students to expand and build upon their dance training while introducing new ways to communicate through movement. Students enrolled in our Fall/Spring School Year will perform in our Annual Showcase; there is no performance for those enrolled in the Summer Session program. There is no RAD examination or Nutcracker performance.

* **Jazz:** Jazz dance is fun and energetic, consisting of unique moves, fancy footwork, big leaps and quick turns. To excel in jazz, dancers need a strong background in ballet, as it encourages grace and balance. A separate form of technique is developed in Jazz, and this will be introduced and instructed through an extensive warm up, across the floor and continued through to a choreographed jazz routine.

* **Lyrical:** Lyrical dance is a dance style that blends ballet and jazz dance. Lyrical dancers use movement to express 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 as long as possible. Leaps are exceptionally high and soaring, and turns are fluid and continuous. A lyrical routine will showcase a dancer's strength, musicality, emotion and resistance.

Zumba Fitness Classes [ZUMBA]

Fitness is the objective in this recreational class. Founded in 2001, Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation. Zumba exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography for a total-body workout that feels like a celebration. Zumba classes may occasionally be offered if there is enough demand to fill a class. There are no performances or RAD examinations.

Hip Hop [Hip Hop]

Hip Hop is a wide umbrella term that refers to a genre of self-made culture, music and dance style that was inspired from the perception of society at that time. In its raw nature, Hip Hop continues to evolve daily with the spark of new influences. Hip Hop dance was stylized from the social culture of the music, in which it offers a direct connection with the movements. In my classes, I seek to broaden the understanding of the body and how students can use movement to shape ideas. I shine light on the foundation of the culture by embracing the fundamentals of Hip Hop movement and funk styles such as Waving, Popping, Tutting, and Gliding in everyday warmups and exercises. However, in order to bring awareness its evolution, one must also shed light to how other styles of movement have influenced its journey. I pull concepts and movements from many other styles such as Jazz, Ballet, Modern, Contemporary etc. to reveal its influence in Hip Hop. For example, some concepts in choreography may refer to body control, contract/release, or posture; whereas, others may focus on musicality or intention of the movements. These concepts help students familiarize my movements to other styles they may recognize, thus providing comfortability when first learning. In retrospective, it's also introducing these concepts from other styles to new students who may be unaware of their existence at all. Dance is the universal art of expression and creativity through movement. I strive to educate the dance community on the individual progression of one's understanding of the true uniqueness of movement, in hopes they will continue to explore the ranges of their own creativity.

Special Opportunities

Ballerina Birthday (Ages 3 – 10)

Come dance and twirl with the birthday girl. Ballet lesson with theme and birthday table area are provided with the two-hour birthday party.