

## **Senior Class Information 2024**

### **General:**

Many students will be performing in competitions from this age and may be invited to participate in a performance troupe and solos. There is a discounted sliding scale built into the fees allowing students to be able to do more classes at a discounted rate, as many students start to train multiple hours from this age. Our recommendation is a min training of 8-10hrs to establish strong technique, but our class schedule allows for a more personalised selection.

### **Classical Ballet:**

Students are offered 2 x 90 min ballet class's p/w as well as a 45min ballet conditioning class with the aim to sit the SFD Pre Elementary ballet exam. Major examinations are offered in class time at higher levels to help stimulate further growth and motivation and to maintain good technique for other styles. There will be the main learning days for exam and concert work, with the technique class supporting the students with extra ballet technique necessary to progress. As well as this we now offer a ballet conditioning class which is based on the training from the PBT program (Progressing Ballet Technique) which focuses solely on recruitment exercises to ensure correct muscle recruitment is working for safe and efficient technique. The repetition of recruiting & engaging the specific muscles three times per week ensures the students establish sound classical training. Students at this level are required to attend all 3 classical sessions per week for continued growth & improvement and to prepare for exams & concert content. Students wishing to attend just one ballet class p/w for maintenance should do the Wednesday class this year. Extra rehearsals will be offered to successful applicants for the main ballet as well as a separate pointe item for those wanting to do a little extra.

### **Jazz:**

Students are offered 1 x 1-hour Open jazz class with a combination of Broadway & commercial styles. Students will be tutored towards graduating steps and sequences as they build confidence and show readiness for the next level. High level exams are offered as an optional (extra) class. These extra exam class costs are shared amongst the group to ensure costs are covered. There is one concert dance allocated to the open jazz class.

### **Tap:**

Students are offered 1 x 45min class per week. This is an open class with no exam. Students will be tutored towards graduating steps and sequences as they build confidence and show readiness for the next progression. Any student wishing to sit an SFD tap exam can enquire about smaller group extra exam sessions. There will be one concert dance allocated to Tap.

### **Contemporary:**

Students are offered 1x 1 hour class. Students must be doing at least one ballet class to participate in contemporary or have a strong classical background due to the high technical demands. There is one concert dance allocated to this class.

### **Hip Hop:**

Students are offered 1 x 45min class p/w. This is a fun open style class. Hip hop is a complementary style to enhance jazz presentation and encouraged for anyone thinking of commercial dance as a career. There will be one concert dance allocated to Hip Hop.

### **Extensions Class:**

A new 1 hr class p/w designed to take competitive students to the next level of their training. A combination of acro, stretching, extension work focused on turns and jumps and core strengthening. This class is essential for competitive & high-level exam dancers wanting to take their dancing to the next level and will include audition techniques as well.