

Sub Inter Class information 2024

General:

Many students start to perform 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 5hrs to establish strong technique, but our class schedule allows for a more personalised selection.

Classical Ballet:

Students are offered 1 x 60mins and 1 x 75mins classes per week and will sit the SFD level 5 exam this year. Exams are only offered to students participating in 2 classes per week. There will be the main exam/concert class, and the technique class which will support the students with extra ballet technique necessary. The repetition of recruiting & engaging specific muscles twice per week is required to establish sound classical training. If students only wish to do 1 ballet class, they should attend the Technique class. One concert item will be offered to students attending both classes.

Jazz:

Students are offered 1 x 1 hr jazz class per week. Students will sit the level 5 SFD Jazz exam this year. There is one concert dance for jazz students.

Tap:

Students are offered 1 x 1hr class per week. Students will progress towards SFD Tap L5 exam this year. There will be one concert dance allocated to Tap students.

Contemporary:

Students are offered 1 x 45min class. Students must be doing at least one ballet class to participate in contemporary. This is an open class with no exams, but the style relies heavily on technique. There is one concert dance allocated to this class.

Acro/Extensions:

Students are offered 1 x 45mins class p/w. A combination of acro, stretch & core strengthening. This class is essential for competitive dancers & those wanting to take their dancing to the next level. There are NO concert dances allocated

Hip Hop:

Students attend 1 x 45min class p/w. This is a fun open style class with all the latest funky moves. Hip hop is a complementary style to enhance jazz presentation. There will be one concert dance allocated to Hip Hop