

Sub Senior Class Information 2025

General:

Many students are also 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 highly discounted rate, as many students start to train multiple hours from this age. Our recommendation is a min training of 6-8hrs at this age to establish strong technique, but our class schedule allows for a more personalised selection.

Classical Ballet:

Students are offered 1 x 1.25hr class and 1 x 1.5hr class p/w and will progress towards the SFD level 7 exam work with a view to be ready to sit the exam in 2025. AS well as this some students may commence pointe work throughout the year when ready. 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 to progress. The repetition of recruiting & engaging the 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 on Wednesdays. One Concert item will be offered to students attending both classical classes.

Jazz:

Students are offered 1 x 1hour class and sit the SFD jazz Dance Fusion Yellow exam. This is a bridging exam and a collection of many different styles of jazz and is a wonderful way to develop style whilst waiting for the maturity required for the Major exams. One concert dance is allocated to this class.

Tap:

Students are offered 1 x 1hr class per week. Students will be tutored towards graduating steps and sequences of Level 6 as they build confidence and show readiness for the next progressions. Exam will be offered if students are ready. There will be one concert dance allocated to Tap students.

Contemporary:

Students are offered 1 x 45min class p/w and must be doing at least 1 classical class per week or have had an extensive classical training to attend. This is an open class with no exams. There will be one concert dance allocated.

Extensions:

Students are offered 1 x 60min hour class per week. Students will work on the essential skills required for turns, jumps, partner work, flexibility and core strengthening. This class is a requirement for competitive dancers, higher level exams & those wanting to take their dancing to the next level. There are NO concert dances allocated.

Hip Hop:

Students are offered 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