

## **Sub Inter Class information 2026**

### **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 5-6hrs to establish strong technique, but our class schedule allows for a more personalised selection.

### **Classical Ballet:**

Students are offered 2 x 60min classes per week and will sit the SFD level 4 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 4 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 L4 exam this year. There will be one concert dance allocated to Tap students.

### **Extensions:**

Students are offered 1 x 60mins class p/w. A combination of acro & skills extensions for jumps, turns, stretch & core strengthening. This class is now a requirement for competitive dancers & is essential for those wanting to take their dancing to the next level. There are NO concert dances allocated