

Sub Senior Class Information 2026

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 & 1 x 1.5hr class p/w plus an extra 15min and will progress towards either the SFD brand new L6 exam (which is designed at a higher and harder level than the old syllabus) or the old level 7 exam. Teachers are currently assessing students to ensure the best decision is made for all students progress. With a view to be ready to sit an the exam in 2026. 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 will sit the "NEW" SFD Jazz Level 6 – which will be trialed at our school in 2026. The new syllabus is designed to be quite a bit harder than the previous syllabus and will continue to challenge the students remarkably. One concert dance is allocated to this class.

Tap:

Students are offered 1 x 1hr class per week. Students will continue learning Level 6 with a view to sit the exam this year. 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 now 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