

Royal Academy of Dance Ballet Classes**Pre-School Dance Curriculum****Pre-School Dance 3 (Ages 3 - 4 years) [PS3] & Pre-School Dance 4 (Ages 4 - 5 years) [PS4]**

The Pre-School curriculum was developed to help young children become more aware of their body and an understanding of how it moves through space. It teaches increased self-control, coordination, and confidence while helping children to become more sensitive to music through movement and as a means of self-expression in response to music.

Each lesson follows a theme that children can relate to and works to incorporate the learning components mentioned above by having children respond to teacher-prompted movements or by collaborating with the teacher to respond creatively to music.

Examples of monthly Pre-School Themes:

- September - "At the Seashore"
- October - "A Trip to the Farm"
- November - "The Magic Toy Shop"
- December - "Nutcracker Fun"
- January - "Mountain Adventure"
- February - "A Visit to the Park"
- March - "A Trip to the City"
- April - "The Enchanted Garden"
- May/June - "Zoo Friends"

Lower Grades**Pre-Primary (Ages 5 - 6 years) [PP] & Primary (Ages 6 - 8 years) [P]**

The Pre-Primary and Primary dance syllabus was developed to help children learn critical thinking, self-confidence, and social-emotional skills through a dance course that is artistically and developmentally appropriate for their age and appealing to young children.

The aims of the syllabus are to improve motor development by helping children to become more skillful in natural dance movements, improving their physical fitness, and promoting self-expression through movement. Cognitive development is fostered through learning movements, developing creative skills, and learning musicality and sensitivity in response to music. Self-esteem and self-confidence are also developed in an environment that enables children to become independent and co-operative learners. The program encourages creativity by engaging the students in planning exercises set to musical pieces and to express emotion through story telling. By making children feel good about what they are doing, we help to nurture a good self-esteem.

Grade One (Ages 7 - 9 years) [G1]

This class is for mature beginners and children who have earned their Primary certificate. Uniform: as for Grade One.

Grade Two [G2]

At this stage technical demands accelerate and a wider variety of rhythms are used. Students should have studied Grade One work and achieved that standard. Uniform: as for Grade Two.

Grade Three [G3]

Increasing demands of concentration, discipline and stamina make this level a challenging one. Uniform: as for Grade Three. Girls need to have pink ballet shoes with pink ribbons.

Grade Four [G4]

Progression of technique and greater understanding of style accompany more sophisticated rhythms. Uniform: as for Grade Four. Girls need to have pink ballet shoes with pink ribbons.

Grade Five [G5]

Progression of technique, including correct transfer of weight and use of the turn-out muscles will be studied along with building of strength necessary for pointe work and Polish character steps. Included in this class are identification of dance rhythms and an understanding of their style. Promising Grade Five students are encouraged to attend one or two major classes a week. Uniform: as for Grade Five. Girls need to have pink ballet shoes with pink ribbons.

Major Classes/ Upper Grades

Greater artistry and techniques are emphasized in these major and upper grade classes. It is around this level that dancers make the transition from children's work to professional training, although in many cases there is some overlap. Pointe work is included for girls, but some children may not be strong enough for this at the time major work commences. This must be left to the teacher's discretion. Uniform: as for majors and upper grades.

Grade Six / Grade Seven / Grade Eight [G6/ G7/ G8]

Greater artistry and presentations are the focus. Students perform studies taken from some of the most famous ballets.

Master Class

Students are offered the opportunity to do unset work once a week to challenge them mentally and allow them to respond to a variety of choreography. While there is one primary teacher for the master classes, other instructors are occasionally invited to teach. This better prepares vocational level students for their exams by exposing them to different instructors.

Pointe Class

An optional class, but highly recommended, for vocational level students to provide additional training time on pointe.

Vocational Grades [IF/ I/ AF/ A1/ A2]

Emphasis is on strengthening technique in classical ballet. Pointe work is included for girls. Technique at this level becomes much more demanding and requires a greater amount of strength:

1. Intermediate Foundation (IF)
2. Intermediate (I)
3. Advanced Foundation (AF)
4. Advanced One (A1)
5. Advanced Two (A2)

Solo Seal [SS]

The highest level that can be examined is the solo seal. Dancers must receive a "Distinction" score result from their Advanced Two examination in order to enter this level. Dancers passing solo seal have the potential to be a soloist in a professional company.

Note: Most of our students in the upper grades (Grades 6, 7, and 8) train concurrently in a graded class and a vocational class; we refer to this as studying for "double exams" (one graded, one vocational). Grades 6, 7, and 8 focus on dances that emphasize performance and artistry; vocational classes focus on technique. The combination of both graded and vocational classes helps our students develop into well-rounded dancers who perform with proper technique as well as artistry.

Auxiliary Program (Non-RAD Classes)

Contemporary Dance

Ballet provides the foundation for many types of dance. Students are given an opportunity to experience other forms of dance expression. The Contemporary class includes modern and lyrical dance.

Teen / Adult Ballet

This class is for teens and adults, from beginners to those who wish to continue practicing and refining their ballet technique. All adults and teens, regardless of age or skill level, are welcome.

Recreational Ballet

A recreational ballet class for children may *occasionally* be offered if there is enough demand to fill a class. Recreational ballet classes use elements of the RAD syllabus, but there are no RAD examinations and no Annual Showcase performances.

Special Opportunities

Ballerina Birthday (Ages 3 – 10)

Come dance and twirl with the birthday girl. Ballet lesson with theme and birthday table area are provided with the two-hour birthday party.

Pre-Professional Dance Company (formerly Honor Classes)

Honor Classes have been replaced by the Pre-Professional Dance Company for Grade 1 through Solo Seal levels. This Dance Company is by invitation only and based upon a student's technical ability, passion for art form, proficiency in exam work and performance at the Annual Showcase. Students will be representing *Rachel's Ballet* in several dances in Classical and Contemporary Ensembles choreographed by Ms. Isabelle and other faculty members at YAGP (Cast A) or IDC (Cast B) or both competitions. Students who are invited to join to dance company will be given a set of rules and are expected to follow those rules if they accept the invitation.

Competition (YAGP)

The opportunity to compete is by invitation only. Selected students compete in the annual YAGP – Youth America Grand Prix, an International Student Ballet and Contemporary Dance Scholarship Competition.