



Ballet Class Policy

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We are very fortunate at Brighton Dance Academy to be able to offer ballet in many different forms. For students wishing to do recreational ballet we have our Junior Open Ballet (Year 2-3), Bronze Open Ballet (Year 4-5), Silver Open Ballet (Year 6-7) and Gold Open Ballet (Year 8+) options. These are once a week classes and don't have an exam commitment.

Students who feel serious about ballet and who wish to do exams, have the opportunity to work their way through the Royal Academy of Dance (RAD) Grades 1 - 8. Some students will also be given the option to work their way through Vocational levels (Intermediate Foundation – Advanced 2). Vocational levels include pointe work. As with any sport or instrument, regular training is required to ensure a strong and healthy state of your body, to continue to improve technique and to ensure all syllabi are not only learnt, but mastered by exam time. Below you will find the commitment required for the different levels. These are based on the RAD guidelines and are strictly enforced at Brighton Dance Academy.

Grade 1 - Grade 8 Ballet:

- 2 syllabus classes per week, 4 terms of the year
- Winter Workshop in the Term 2 school holidays
- It is highly recommended all ballet students enrol in a ballet conditioning class

Intermediate Foundation Ballet:

- 2 Intermediate Foundation Ballet classes per week, 4 terms of the year
- Beginner Pointe, 4 terms of the year
- Autumn/Winter/Spring School in the year of your exam
- Ballet Conditioning is highly recommended

**For this year only, an introductory class is being offered where the commitment is only 1 class per week to incorporate syllabus and pointe preparation. Students do not need to attend Autumn/Winter/Spring school.*

Intermediate Ballet:

- 2 Intermediate Ballet classes per week, 4 terms of the year
- Students must also be enrolled in another ballet class as well as the 2 Intermediate Ballet classes. Therefore, Intermediate Ballet students must be enrolled in a minimum of 3 ballet classes in total per week. This can be a graded ballet class or open ballet class.
- Intermediate Pointe, 4 terms of the year **this does not count as the additional ballet class*
- Autumn/Winter/Spring School in the year of your exam
- Ballet Conditioning is highly recommended



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Advanced Foundation - Advanced 2 Ballet:

- 2 vocational ballet classes per week, 4 terms of the year
- Students must also be enrolled in the Open Advanced Ballet class as well as the 2 syllabus classes. I.e. Advanced Foundation – Advanced 2 Ballet students must be enrolled in a minimum of 3 ballet classes in total per week.
- Advanced Pointe, 4 terms of the year **this does not count as the additional ballet class*
- Autumn/Winter/Spring School in the year of your exam
- Ballet Conditioning is highly recommended

All levels require at home practice to cement what has been learnt in class

Ballet Exams:

Not all students enrolled in RAD Ballet classes will necessarily sit an exam. We still encourage all of our students to study these levels and believe that students can gain a lot through the study itself if they have the right work ethic and dedication. Selection for examinations will be made on a case-by-case basis. Students who may not be ready to sit the typical graded examination, may be able to enter a Class Award. Students undertaking a Class Award still present the class work to an RAD examiner, however their class teacher is also in the exam room. Class Award students do not receive a numerical result however they do receive a Class Award medal.

Vocational Ballet:

Vocational Ballet contains the levels Intermediate Foundation – Advanced Two. This is the highest stream of ballet that students can study with us and is regarded as training ground for students who wish to dance as a career. With this in mind, not all dancers have the facility to be able to take this top level training. Students are typically selected for Intermediate Foundation from Grade 5 Ballet and may be able to progress all the way through to Advanced Two. It is quite common for students to cease vocational exams before reaching Advanced Two as the physical demands become too intense. Parents will be advised if this is the case for their child.