

academy of  
**northern  
ballet**

# Dance Classes

2016/17

**We believe  
there is a dancer  
in everyone  
so now is your  
chance to shine!**

Under the guidance of Northern Ballet's Artistic Director and Academy Director, David Nixon OBE, our classes are led by our highly experienced teaching faculty in the same state-of-the-art building in which Northern Ballet's company dancers train.

**From tiny tots to adults, find the right class for you...**

# Classes for... Children

These fun-filled classes, accompanied by live music\*, are the perfect introduction to the basics of dance. Children are encouraged to express themselves through dance and music and build on their natural ability. There is a clear progression route through our children's classes to our classes for young people. \*Excludes Mini Movers and Moving Minis

'Since starting Creative Movement, Joseph is more confident and his balance, movement and general posture have greatly improved.'

## Mini Movers

(ages 18 months - 3 years)

A chance for toddlers and their parents/carers to have fun together in a weekly class involving dancing, music, stories and props.

£65 (10 week course)

## Moving Minis

(ages 3 - 4)

A continuation from Mini Movers, this enjoyable class is for children who are ready to take their dancing to the next stage without their parents/carers.

£65 (10 week course)

## Creative Movement

(ages 4 - 6)

Suitable for school children who love to dance! Children discover their musicality and coordination in a fun and friendly environment where imagination is encouraged.

£65 per term

## Pre-Ballet

(ages 6 - 8)

The next step for all budding young ballet dancers, this class will focus on correct posture as well as creativity, musicality and coordination.

£70 per term

<b>Monday</b>	4.30pm – 5.15pm	Pre-Ballet 1	Ages 6 – 7
	5.15pm – 6pm	Pre-Ballet 2	Ages 7 – 8
<b>Tuesday</b>	5.15pm – 6pm	Creative Movement 2	Ages 5 – 6
<b>Wednesday</b>	5.15pm – 6pm	Creative Movement 2	Ages 5 – 6
<b>Thursday</b>	9.45am – 10.25am	Mini Movers	Ages 18 months – 3 years with accompanying adult
	10.30am – 11am	Moving Minis	Ages 3 – 4
	5.15pm – 6pm	Pre-Ballet 2	Ages 7 – 8
<b>Saturday</b>	9am – 9.45am	Creative Movement 1	Ages 4 – 5
	12.15pm – 1pm	Creative Movement 1	Ages 4 – 5
	9.45am – 10.30am	Creative Movement 2	Ages 5 – 6
	9.15am – 10am	Pre-Ballet 1	Ages 6 – 7
	1pm – 1.45pm	Pre-Ballet 1	Ages 6 – 7
	10am – 10.45am	Pre-Ballet 2	Ages 7 – 8

Late collection policy: for parents/carers collecting children late from class, the first 15 minutes is not chargeable. Every 15 minutes thereafter is charged at £5. Visit our website for information on classes we offer at other venues.



# Classes for... Young People

Our classes for young people are accompanied by live music\* and develop each dancer's technical ability whilst enhancing their presentation skills and musicality.

We strongly recommend students in Ballet 1 attend two classes per week. Students in Ballet 2 and above must take a minimum of two classes per week in order for them to progress.

\*Excludes Jazz classes.

## **Ballet (ages 8 – 16)**

Tailored classes designed to take young dancers from their earliest steps to an advanced level of study.

**Ballet 1** (age 8+) No experience required

**Ballet 2 & 3** (age 10+) Experience required

**£75 per term**

## **Pointe Work**

We offer specialised pointe work classes for suitable students in Ballet 2 and 3. Ballet 2 students are offered a pointe work prep class which is all inclusive. Ballet 3 students will attend an appropriate level pointe class on recommendation of their teacher. These classes are subject to an additional fee of **£15 per term** for Ballet 2 students and Ballet 3 Beginners, and **£30 per term** for Ballet 3 Improvers.

## **Jazz (ages 8 – 11)**

Discover and learn a range of modern dance styles, from street dance to musical theatre.

This energetic class builds coordination and enhances natural rhythm. Jazz is an important dance style for any dancer to master.

**£75 per term**

## **RAD Class (Intermediate/Inter Foundation)**

Academy students have the opportunity to take their RAD Intermediate exam and Inter Foundation with teacher and former Northern Ballet Dancer Jane Tucker. Students must first take part in an assessment class before registering for the course.

**Classes are £55 per term with an additional fee to take the RAD exams**



<b>Monday</b>	5pm – 6.15pm	Ballet 2	Age 10+
	6pm – 7pm	Ballet 1	Age 8+
<b>Tuesday</b>	5pm – 6.30pm	Ballet 3	Age 12+ (Intermediate standard)
	5pm – 6.55pm	Ballet 3 with Improver Pointe	Age 12+
<b>Wednesday</b>	5pm – 6.15pm	Ballet 2	Age 10+
	5pm – 6.30pm	Ballet 2 with Pointe	Age 10+
	6pm – 7pm	Ballet 1	Age 8+
<b>Thursday</b>	5pm – 6.30pm	Ballet 3	Age 12+ (Intermediate standard)
	5pm – 6.45pm	Ballet 3 Beginner Pointe	Age 12+
	6pm – 7pm	RAD Intermediate	Age 11+
	7pm – 8pm	RAD Inter Foundation	Age 10+
<b>Saturday</b>	10.30am – 11.30am	Ballet 1	Age 8+
	11am – 12.15pm	Ballet 2	Age 10+
	11am – 12.30pm	Ballet 2 with Pointe	Age 10+
	11.30am – 12.15pm	Jazz 1 – 2	Age 8+

Late collection policy: for parents/carers collecting children late from class, the first 15 minutes is not chargeable. Every 15 minutes thereafter is charged at £5.



# Classes for... Adults

It's never too late to learn to dance! Our adult classes are accompanied by live music and are offered from beginner to advanced level.

These classes are a great way to socialise, keep fit and improve posture and flexibility.

## Adult Ballet

Whether you are a complete beginner or a professional dancer, we have a class tailored especially for you. These weekly classes will improve your fitness, technique, flexibility and posture.

## Dancing for the Over 55s (Beginners and Improvers)

Whether you have danced all your life or simply want to try something new, our gentle ballet classes will keep you moving in a social and friendly class.



	10.10am – 11.25am	Over 55s	Improvers (Drop-in class)
<b>Tuesday</b>	11.25am – 12.25pm	Over 55s	Beginners (Drop-in class)
	7pm – 8.30pm	Adult Ballet 3	Intermediate/Advanced (Drop-in class)
<b>Wednesday</b>	7pm – 8.30pm	Adult Ballet 2	Improvers (Drop-in class)
	6pm – 7pm	Adult Ballet Course Level 2	Improvers
<b>Thursday</b>	7pm – 8pm	Adult Ballet Course Level 1	No experience required
	7pm – 8.15pm	Adult Ballet 1	Beginners (Drop-in class)
<b>Friday</b>	10.10am – 11.25am	Over 55s	Improvers (Drop-in class)

Prices for Adult courses are £70 per term.

Drop-in classes are charged at £7 per class. Student / concession rate £6.50.  
Visit our website for information on classes we offer at other venues.



World-class  
professional  
classical ballet  
training in the  
heart of Leeds

# Your future starts here...

The Academy of Northern Ballet's Centre for Advanced Training Programme is the only one of its kind in the UK specialising in classical ballet. 100% of our graduates wishing to pursue their training beyond the age of 17 have gained entry into the top vocational schools in the UK and abroad.

As a professional ballet company, our Academy is perfectly placed to set students on the pathway to a rewarding, self-sustaining career in dance. The training is individually specified through bespoke training plans helping pupils to realise their personal potential and creativity.

Through its holistic approach, the Centre for Advanced Training Programme includes training in classical ballet technique, proper posture and body conditioning as well as development sessions in areas such as nutrition and physiology.

The Centre for Advanced Training Programme is designed to give young people the foundation they need to pursue a career in classical ballet as well as allowing the perfect balance for students to excel in both their academic studies and ballet training.

In addition, the Academy also offers an Associates programme and International Easter and Summer Schools allowing all to access the highest level of ballet training available in the North of England.

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Find out more and download an application form at [northernballet.com/academy](http://northernballet.com/academy) or contact [academy@northernballet.com](mailto:academy@northernballet.com) or call 0113 220 8000.

# Information

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## Registration

To access any of the Academy of Northern Ballet classes, a registration form must first be completed. Please download a registration form from [northernballet.com/academy](http://northernballet.com/academy) or call the Academy on 0113 220 8000. This can be emailed to [academy@northernballet.com](mailto:academy@northernballet.com), posted to **Academy of Northern Ballet, Northern Ballet, Quarry Hill, Leeds LS2 7PA** or left at Northern Ballet Reception. Payment for courses must be made prior to your first class.

## Attendance

Spaces in all classes, including drop-in classes, are issued on a first come, first served basis.

### Classes for children and young people

Classes run as a one year course and students must commit to attend the class each week.

### Adult classes

All classes, other than the adult ballet courses, run on a drop-in basis. Payment for classes is made on arrival (either by cash or card) but we ask dancers to book a place on the class beforehand by calling 0113 220 8000. Bookings can be made from 12pm on Saturday mornings for the week ahead. For the adult courses, students are required to enrol and must commit to the full 10 weeks in order to see improvement.

## Latecomers

Latecomers will not be admitted into class after the first 15 minutes to prevent injury and disruption to the class. No refunds are available unless a class is cancelled.

## What to wear

Our children's classes (excluding Mini Movers and Moving Minis) and classes for young people have a set uniform (a handbook detailing this is available on our website). For all adult classes, clothing should be loose and comfortable so that you can move easily. We recommend that students have bare feet or flat ballet shoes.

For more information visit [northernballet.com/academy](http://northernballet.com/academy) or call the Academy on 0113 220 8000.

## Northern Ballet Café

Open Monday – Saturday serving a range of delicious food and hot and cold drinks. All over 55s and adult classes receive 10% discount in the café.