

## EXPLANATION OF CLASSES 2022

### RAD (Royal Academy of Dance)

Classes offered in all Grades and Vocational up to Advanced 2

Children in the examination stream are expected to attend 2 ballet classes a week for graded students and 3+ per week for vocational students.

Examinations are usually around the last week in term 3.

Both our RAD teachers are fully qualified & registered with the Royal Academy of Dance, London.

### Progressing Ballet Technique \*\*\*\*

This 45-minute class is brilliant to enhance correct alignment, placement and control, excellent for all ballet dancers Intermediate foundation upwards, classes are taught using a Fit ball at each class and also using a 3 metre TheraBand. These will be required from lesson 1 and brought along each week. Please see note below regarding what to bring.

### Contemporary

We would like to encourage this discipline to all our students, especially to the examination stream.

Contemporary dancers strive to connect the mind and the body through fluid dance movements. Examinations are offered in the NZAMD syllabus which we highly recommend (especially if learning ballet) and wonderful dance form to really understand the basis of true contemporary through the Martha Graham technique style. Students must be 9 to commence contemporary dance exam syllabus. Open classes are also offered for seniors and are very popular.

### Musical theatre

Our Musical theatre classes provides a fun space for students to learn routines to songs from many Broadway musicals. This class focuses on learning performance skills such as connecting with the audience, facial expressions, and performing choreography.

### JAZZ

Jazz dance is upbeat, fast, & fun genre to learn. As well as open classes we also offer examinations in NZAMD both in grades & majors to those who would like to go down that path, in addition to this we also have open jazz classes which offer students the opportunity to learn free and creative work, learning & performing fun dance combinations each week, without the pressure of examinations.

## **Move it with Molly (open junior dance class)**

Excited to announce an awesome open junior dance class with TV Personality Molly Brown from “WHAT NOW” promises to be a fun class for the juniors mixed with jazz, funk & Hip Hop.



## **STL (stretch, Turns & leaps)**

This class is designed for dancers who want to take their dance training to a higher level. We focus on improving Flexibility and gaining strength. We work towards learning and advancing many dance skills such as kicks, turns and leaps. A theraband of medium strength is often used, girls will need their own, these can be ordered through Avril at \$20 for 2.8 metre length. Please supply your own Yoga mat.

## **Lyrical**

Lyrical is a very popular style to learn. It is very expressive combining styles of contemporary, ballet & lyrical mixed. A style where students learn open beautiful routines requiring expression & emotion along with fluid movement. Classes commence at junior levels through to seniors

## **PRE-SCHOOL & BEGINNER CLASSES**

Beginner Dance – ages 3-4 An introduction to dance through music, movement & creativity. Children participate together in a fun caring and positive environment; the work contains a mix of ballet and jazz whilst learning the foundations of classical all in a fun way.

Rosette 1 – ages 4-5

Rosette 2 – ages 5-6

Rosette classes are exam classes, ballet based in a fun learning syllabus.

Primary RAD – age 7 +

Examinations are offered for each rosette level and Primary RAD, before heading to Grade 1 (8+)

## **Body Conditioning & Stretch classes**

Fitness, strength & flexibility for dancers.

Essential for Vocational ballet, and Senior level jazz students, and highly recommended for **ALL** dancers.

## **Elite Development (Jazz, contemporary, lyrical)**

An advanced class for those who have reached a high technical level of ability – this class is by invitation only

## **Elite Development (Ballet)**

A fabulous class not to be missed for those wishing to develop their ballet further, learning and developing great techniques, for the dedicated vocational students, Intermediate foundation upwards.

## **HIPHOP**

Hip-hop classes are a lot of fun and generally high energy, Suitable for dancers who love upbeat music, learning choreography, keeping fit and enjoying themselves.

## **Private lessons**

Private lessons are offered for examination work, or for anyone wishing to improve in their chosen field. These can be arranged by contacting us.

## **Grooming expectations for dance class**

All students are required to wear the correct uniform to every class.

Girls must have their hair in a bun for all classes except HipHop. For HipHop, please have your hair tidy and secured off your face.

No jewellery (including watches) is to be worn in any class, except small earrings.

Underwear is not worn under leotards (just like swimming togs!) Older girls who require a bra for support must ensure that there are no visible straps. Specialist dance underwear can be purchased, and if worn, must not be visible.

Your look at all times should be professional. We take your dance training seriously, and we expect you to take pride in your appearance for class also.

Thank you, and we all look forward to working with you in your dance journey at Levings for 2022.

Avril Levings.

\*\*\*Information re fit ball & TheraBand etc for PBT classes

## **EQUIPMENT TO BRING WEEKLY TO 'PROGRESSING BALLET TECHNIQUE' CLASS**

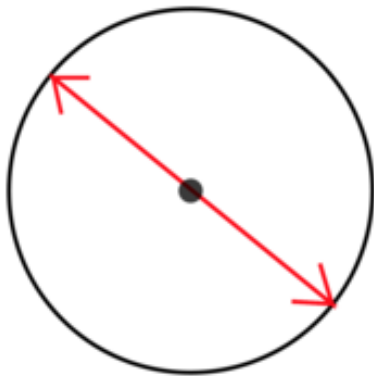
**EXERCISE BALL** ALSO KNOWN AS A 'SWISS BALL' OR 'FIT BALL' USING YOUR HEIGHT TO SIZE UP YOUR BALL

WHEN YOU STAND NEXT TO AN EXERCISE BALL, IT SHOULD BE EVEN OR SLIGHTLY ABOVE YOUR KNEE LEVEL. THE BEST WAY TO SIZE UP YOUR BALL IS BY SITTING ON IT. WHEN YOU SIT ON THE BALL, KNEES SHOULD BE BENT AT A 90-DEGREE ANGLE AND YOUR THIGHS SHOULD BE PARALLEL OR EVEN WITH THE FLOOR.

FIND YOUR HEIGHT AND SEE WHICH BALL SIZE YOU SHOULD TRY

4'8" TO 5'3" / 142-160CM - 55CM BALL

5'4" TO 5'10" / 160-178CM - 65 CM BALL



\*\*THE MEASUREMENT OF THE BALL IS DIAMETER (MEASURING FROM 1 SIDE OF THE BALL TO THE OTHER)

## **RESISTANCE BAND (BRING TO EACH CLASS)**

ALSO KNOWN AS A THERABAND **HAS TO BE 2.8M IN LENGTH** 15CM WIDE, MEDIUM STRENGTH

**MESSAGE AVRIL TO ORDER ONE FROM HER BEFORE TERM 1 COMMENCES. \$20.**