

EXPLANATION OF CLASSES 2024

RAD Ballet (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.

Our RAD teachers are fully qualified & registered with the Royal Academy of Dance, London. Students who want to improve in their dance must learn ballet.

Contemporary

We would really like to encourage this discipline to all our students, especially to the examination stream as it's a fun and awesome genre to learn. Dancers can sit examinations and later have the chance on NZAMD nomination. Girls who want to try for training such as Junior Associates need to study & sit RAD ballet and NZAMD contemporary.

Contemporary dancers strive to connect the mind and the body through fluid dance movements. This is a wonderful dance form to really understand the basis of true contemporary through the Martha Graham technique style. Students must be 9 years old 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 which are highly encouraged & recommended and great for the girls to progress in the grades in a more structured class. 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.

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, at least a 2-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

Rosette 1 – ages 5-6

Rosette 3 – ages 6-7

Primary RAD – age 7 +

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.

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.

HIPHOP

We highly recommend this class (essential for the performance troupe dancers) 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.

Please check our website for the uniform.

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 always 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 dance journey at Levings for 2024

Avril Levings.