



## BALLET & MODERN

Nicole and Megan Turner want younger generations to experience what they had as dancers growing up. Sharing fun, knowledgeable and musical training experiences, building beautiful friendships with peers and developing a love for dance. TDS offers **classical ballet** as well as **modern dancing**.

Teaching Qualifications

**Royal Academy of Dance** – *The R.A.D. is one of the world's most influential dance education organisations. Our exams set standards in classical ballet worldwide and we are a global leader in dance education and continual professional development.*

**Association of International Dance Teachers** – *The A.I.D.T. is an examining body and non-profit making association, whose aim is to promote the teaching and standard of Modern, Tap and Hip Hop dancing.*



### Baby Ballet 1 & 2

TDS's pre-school ballet classes develop basic movement skills, musicality, performance skills and creativity. These classes are theme based and use a variety of props to encourage focus and participation. Its purpose is to create a love for dance and music and to learn the foundations for the Royal Academy of Dance (RAD) pre-school ballet levels.

**Baby Ballet 1 & 2 (age 3 – 5 years)** attends preferably two 30-minute ballet lessons a week.

### Pre-Primary Ballet

The structured Pre-Primary Royal Academy of Dance (RAD) syllabus consists of choreographed routines combined with orchestral music that creates a love for ballet and is designed for students to learn the foundations for the graded RAD ballet levels.

**Pre-Primary Ballet (age 5 – 6 years Grade R School)** attends preferably two 45-minute ballet lessons a week.



## Primary and Grade 1 – 5 Ballet

These classes consist of open ballet work as well as the structured Royal Academy of Dance (RAD) syllabus, combined with orchestral music and choreographed exercises. Its purpose is to create a love for ballet, to practice discipline and dedication as well as have fun in a safe environment while dancing with friends.

**Primary Ballet (age 6 – 7 years Grade 1 School)** attends preferably two 45-minute ballet lessons a week.

**Grade 1 Ballet (age 7 – 8 Grade 2 School)** attends preferably two 45-minute ballet lessons a week.

**Grade 2 Ballet (age 8 – 9 years Grade 3 School)** attends preferably two 45-minute ballet lessons a week.

**Grade 3 (age 9 – 10 years Grade 4 School)** attends preferably two 45-minute ballet lessons a week.

**Grade 4 (age 10 – 11 years Grade 5 School)** attends preferably two 45-minute ballet lessons a week.

**Grade 5 (age 11 – 12 years Grade 6 School)** attends preferably two 45-minute ballet lessons a week.



## Modern Age 8 - 12

TDS's modern classes are made up of fun open dance classes and the Association of International Dance Teachers (AIDT) modern syllabi. *Modern dancing is preferably in addition to TDS's ballet classes.*

**Modern 1: Grade 2 & 3 Ballet age (8 – 10 years)** attends one 45-minute modern lesson a week.

**Modern 2: Grade 4 & 5 Ballet age (10 – 12 years)** attends one 45-minute modern lesson a week.





TURNER DANCE STUDIOS

## Senior Ballet and Modern Age 12 +

TDS's senior ballet classes consist of open ballet work as well as the structured RAD syllabus, combined with orchestral music and choreographed exercises. Its purpose is to create a love for ballet and learn foundations for the Advanced RAD Ballet levels. TDS's modern classes are made up of fun open dance classes and the Association of International Dance Teachers (AIDT) modern syllabi. *Modern dancing is preferably an addition to the ballet classes.*

**Discovering Repertoire (12 – 14)** attends two or three 1-hour ballet lessons a week.

**Modern 3:** attends preferably two 1-hour modern lesson a week.

**Intermediate (14 +)** attends two 1-hour ballet lessons a week.

**Modern 4:** attends preferably two 1-hour modern lesson a week.

\* Pointe Repertoire: Pointe Class consisting of ballet repertoire and choreography on pointe.



## Mom Fitness Ballet Barre

Open to all mothers who would like to get fit. Consists of cardio, strength and flexibility exercises targeting certain muscle groups. Its purpose is to sculpt and tone the body as well as release endorphins and have some fun to your favourite upbeat and funky tunes!

