

ROYAL ACADEMY OF DANCE

AGE GUIDELINES AND CLASS DESCRIPTIONS

Age guidelines

Mini RADventurers	20–30 months		
Toddler RADventurers	2½–4 years		
Reception RADventurers	4–5 years		
Family Dance	2½–3 years		
Dance to Your Own Tune 1	3 years		
Dance to Your Own Tune 2	4 years		
Pre-Primary	5 years		
Primary	6 years		
Grade 1	7 years		
Grade 2	8 years		
Grade 3 +	9 years with some ballet experience		
Ballet for Beginners	13–17 years		
Boys Ballet	5–8 years	9–12 years	13–17 years
Creative	4–8 years		
Contemporary	Level 1, level 2, Level 3, Level 4		
Jazz	4–7 years	8–12 years	13–17 years
Commercial Jazz	4–7 years	8–13 years	
Street Dance	4–7 years	8–12 years	13–17 years
Musical Theatre	4–8 years	9–15 years	

Level prerequisites

Pre-Vocational: Grade 3 with Distinction

Advanced Non-Syllabus Ballet: Advanced Foundation +

Class descriptions

RADventurers Preschool Programme

Taught by a highly experienced and respected RAD teacher, these classes offer a fun, non-classical introduction to dance for little adventurers eager to explore music and movement in a playful, nurturing environment. Classes take inspiration from children's pop culture and help movement development for the tiniest of learners. Mini and Toddler RADventurers must be accompanied by parents in class.

Family Dance Movement Class (2½–3 years)

A fun and creative movement class for toddlers aged 2½ and above and their parent, grandparent, or carer. Taught by a highly experienced and respected RAD teacher, and accompanied by a pianist, these classes are a perfect introduction to movement and dance and provide a good springboard into the RAD Pre School curriculum. The classes are designed to improve the children's confidence and coordination and develop their social skills. Using an array of props and lively music, the classes guarantee to capture the children's and adult's imagination.

Dance to Your Own Tune, levels 1 & 2 (3–4 years)

Movement, music, and magic in our curriculum for children aged 3–4 years. Taught with a live pianist, these are lively but structured classes that develop children's physical skills and encourage creativity, expression, and musicality. And, behind all the fun, they'll be prepared for a transition to ballet and other dance genres at higher levels.

Pre-Primary and Primary in Dance (5–6 years)

These structured classes develop students' physical skills, stamina, creativity, expression, and musicality using a range of movements and musical styles. The syllabi prepare students for a successful transition to ballet and other dance genres at higher levels.

RAD Graded Ballet (Grades 1–8)

The Graded Examinations in Dance Syllabus consists of three dance disciplines:

Ballet – the foundation and the most important part of the syllabus.

Free Movement – influenced by and incorporating movements in common with other dance styles

such as Natural Movement, Contemporary and Classical Greek Dance.

Character – the theatrical presentation of national dance using original ethnic dance and music which has been freely adapted for the theatre. Styles selected because of their historic importance in the development of the nineteenth century full-length classical ballets.

Pre-Vocational Ballet (Grade 4 +)

A non-syllabus class specifically designed for students from Grade 4 upwards to develop their technique and strength and gain a sound knowledge of the vocabulary required for Intermediate Foundation. This will ensure a more seamless transition from the Graded syllabus into Vocational levels. Entry into this class requires 70 marks or more in their last exam (Grade 3 and above), or a recommendation by their teacher with a trial class (no trial class is needed if gained 70+) and must be taken in addition to at least one Graded class. There will be an annual assessment to ensure the students are of the correct standard. Entry into this class is by invitation only.

Foundational Pointe Work

Introduction to Pointe Work is a new class for students who are enrolled in Pre-Vocational or Intermediate Foundation. The class is designed to help students strengthen and develop their technique in a key area of classical ballet which will support their Vocational training. Entry into this class is by invitation only.

Scholars

RAD Scholars is a class for students who show an advanced and skilled level of ballet. Students work to perfect technique, performance skills, artistry, pointe work (if applicable) and many other aspects to become a professional dancer. There will be performance opportunities for this class. Entry into this class is by invitation only and students will require a trial class.

Levels:

Junior (8–10 years)

Mid (11–14 years)

Senior (15–17 years)

RAD Vocational Ballet (Intermediate Foundation – Advanced 2)

The Vocational Graded Examinations in Dance Syllabus provides an in-depth study of ballet, developing technique, music and performance skills, and introduces pointe work for female candidates. This highly- focused and practical training prepares students for a dance, or dance- related, career. The syllabi are appropriate for students from the age of 11 years. Students wishing to study for Vocational Graded examinations should have the maturity and technical aptitude for demanding study.

Pointe (Intermediate levels)

A classical ballet class with a strong focus on the development of pointe work. Following a structured warm-up, students will study at least 30 minutes of pointe work. This is a fantastic opportunity for students at Intermediate Level and above (or Intermediate Foundation level with recommendation from a Dance School teacher) to strengthen and develop their technique in this key area of classical ballet, whilst also working on their performance and artistry skills.

Pointe (Advanced levels)

A classical ballet class with a strong focus on the development of pointe work. Following a structured warm-up, this 45 minute class will give students a minimum of 30 minutes of pointe work. This is a fantastic opportunity for students at Advanced

levels and above to strengthen and develop their technique in this key area of classical ballet.

Non-Syllabus Ballet Classes (7–8 years, 9–12 years, 13–17 years)

Non-syllabus classes are an excellent way to help develop responsiveness to ballet exercises and steps, as well as to improve vocabulary. They complement syllabus classes to create a well-rounded, quick thinking dancer. A non-syllabus ballet class does not work to the restrictions of a syllabus class, as the class exercises are prepared by the teacher rather than an examination board. Classes are suitable for both the more serious dancer and for those wishing to dance once a week as a hobby.

Advanced Non Syllabus Ballet (Advanced Foundation + only)

A non-syllabus, classical ballet class for students of Advanced level. Students are given the opportunity to use their RAD syllabus training in this challenging and focused class.

Boys Ballet (5–8, 9–12, and 13–17 years)

Age guidelines for Boys Ballet classes are not strict. Classes are levelled according to skill set and pace of the class.

A specialist non-syllabus class for boys which focuses on male ballet technique and choreography. Taught by a male RAD teacher, the classes develop core strength, musicality, and presentation skills. Promoting fitness and well-being, Boys Ballet provides a core technique that will enhance performance in all other styles of dance, from jazz and tap to contemporary and street dance.

Ballet for Beginners (13–17 years)

Suitable for students with little or no previous experience of ballet, these non-syllabus classes introduce the basics of ballet technique with an emphasis on fun and enjoyment. The study of ballet improves posture, general health and coordination while giving the opportunity to express and communicate through music and movement. The classes are taught by a highly experienced RAD teacher and accompanied by a pianist and are a perfect preparation for RAD adult ballet or Graded syllabus classes.

Jazz (4–7 years)

This fun and energetic class gives the perfect introduction to jazz dance by developing co-ordination, introducing technique and building confidence in a friendly and welcoming environment. The students will learn fun dance routines to varying music styles.

Jazz (8–12 years)

Students will begin to develop basic jazz dance technique including preparation for turning, leaps, and isolation movements. Warm-up exercises are followed by a fun dance routine in a lively and energetic environment.

Jazz (13–17 years)

Following a jazz warm-up and technical exercises, students learn choreography in various styles including lyrical, commercial, and musical theatre. Developing

routines over a few weeks, students gain a sound knowledge of the style before moving on to new choreography. This fun and energetic general level class is taught by a professional teacher and choreographer.

Creative (4–7 years)

Tell a story through dance in this inspiring and imaginative class. Participants are encouraged to express themselves through music, movement, and improvisation. This class helps to prepare students for other dance genres including contemporary and jazz.

Contemporary

Contemporary dance is offered at four levels and develops student's movement skills and vocabulary while stretching physicality and creativity. Fun and informative, this class also provides additional technique support for those taking GCSE or A Level Dance courses.

Classes are levelled according to skill set and pace of the class. Levels 1-2 provide the perfect introduction to contemporary dance technique, movement, and self-expression. The class explores various contemporary styles including Release technique, Limon and Cunningham to build up basic body awareness and engagement. Creative tasks and exercises are developed to create choreographed routines which are developed termly.

Levels 3-4 further develop student's movement skills and vocabulary within the contemporary genre, stretching them physically and creatively, with Level 4 being very fast paced for the most advanced students. The class explores various contemporary styles including Release technique, Limon and Cunningham, to build up advanced body awareness and engagement through multiple exercises throughout class. Students also develop their own choreographic work through creative tasks termly.

This class also provides additional technique support for students taking GCSE or A Level Dance courses.

Hip Hop (4–7 years)

Fun, energetic and professionally taught, this structured dance class is designed to develop coordination, introduce technique, and build confidence in a friendly and welcoming environment. Students learn

Street dance styles to the latest tunes, a great way to introduce children to dance!

Hip Hop (8–12 and 13–17 years)

High energy and stylised, these urban style classes are taught by a professional dancer and choreographer. Routines incorporate movements such as popping, locking, funk, jamming and hip hop and are performed to commercial and popular music. Students are also encouraged to express themselves through improvisation and free styling!

Commercial Jazz (4–7 and 8–13 years)

Commercial Jazz is highly choreographed, and a stylised fusion of funk, hip hop, and pop often seen in commercial video clips, music videos and on TV. The class will

work on termly choreographed routines, and will be great for fitness levels and good for strength and stamina.

Musical Theatre (4–8 and 9–15 years)

Covering a wide range of musical genres from theatre shows and films, Musical Theatre gives students the chance to learn their favourite song and dance combinations to perform. Students will discover skills in breathing, pitch, tone, harmony, voice projection and performance.

RAD Dance for Life (18+)

These low-impact dance classes invite you to mobilise joints and strengthen muscles while coordinating the body through various dance techniques. From classical to cabaret, these classes boost physical and mental wellbeing, bringing joy to movement and dancing. Lead by a specialist teacher, these classes include both supported stretch and strengthening exercises utilising a chair and the ballet barre, as well as standing exercises in the centre. A great way to maintain mobility and energy in a supportive, friendly environment.

Silver Swans (Over 55s)

These ballet classes will help improve your mobility, posture, coordination and energy levels. Whether you're an experienced dancer, have briefly dabbled, or are a complete novice, we welcome all older learners of any ability.

Move to the Musicals (Over 55s)

Classes improve posture and balance through a variety of exercises and movement sequences inspired by musical theatre and jazz dance. Most importantly, you'll have fun and enjoy the sense of well-being that dance brings!