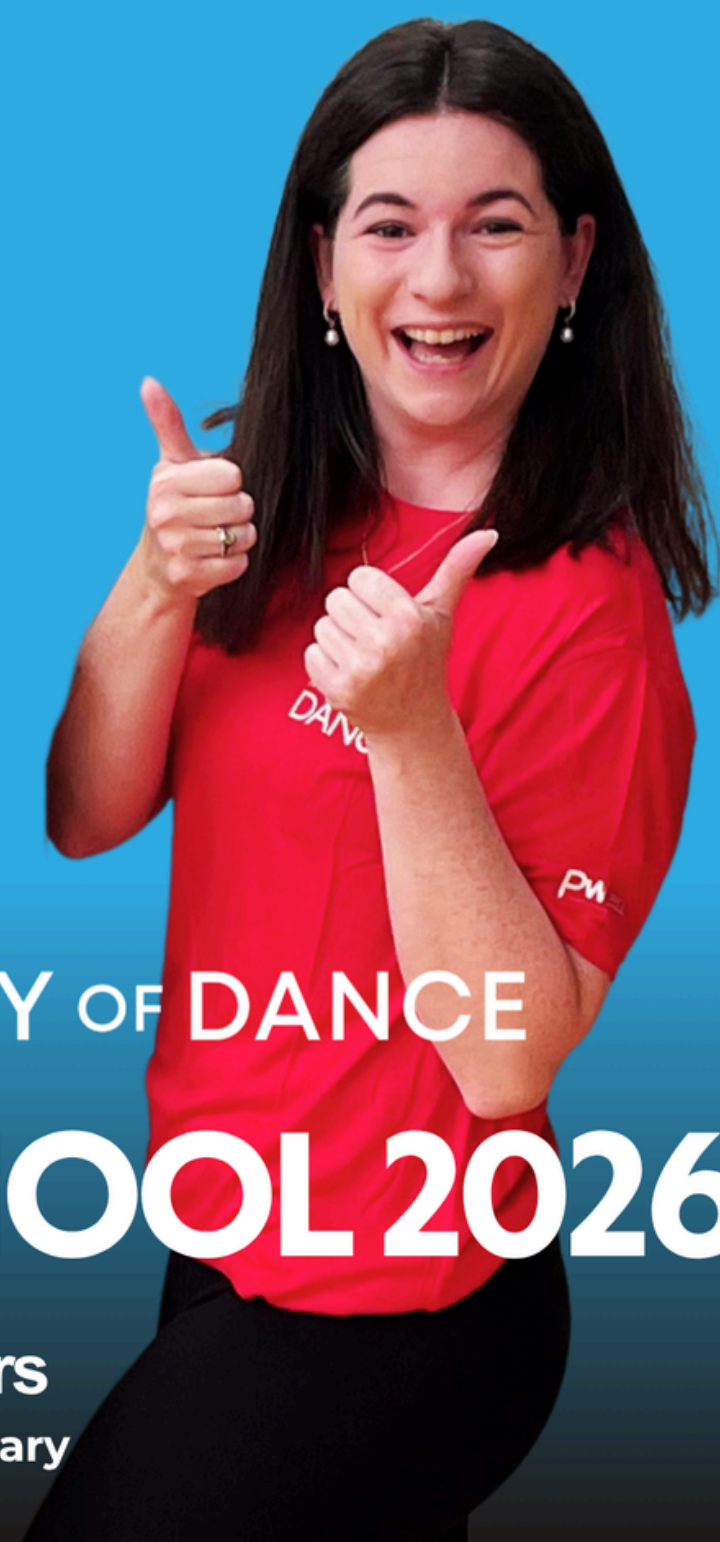




ROYAL ACADEMY OF DANCE SUMMER SCHOOL 2026

Teachers
12 - 15 January



Every January, the RAD New Zealand Summer School transforms Te Whaea in Wellington into a vibrant hub of dance. This week-long celebration brings together teachers and young dancers from across Aotearoa for an inspiring mix of training, creativity, and shared passion.

Teachers have the opportunity to work with esteemed tutors, gain fresh perspectives, and take part in classes that go beyond everyday studio practice.

“LYLAH HAS ABSOLUTELY LOVED SUMMER SCHOOL, SHE HAS ENJOYED EVERY TUTOR AND IT'S BEEN SUCH AN INSPIRING EXPERIENCE



TEACHERS COURSE

FOR ALL TEACHING PROFESSIONALS
AND TRAINEES

DATE

Monday 12 January 2026 – Thursday 15
January 2026

TIME

9.00am - 4.00pm daily

VENUE:

Te Whaea, National Dance & Drama Centre
11 Hutchison Street, Newtown
WELLINGTON

FEES

Earlybird* RAD Member \$590 (full course)

Earlybird* Non Member \$640 (full course)

Full Fee table on page 13

*Early bird fee available between 1 August – 31 October
2025. From 1 November 2025, the normal fee will apply.

REGISTER TODAY



<https://www.royalacademyofdance.org/en-nz/event/summer-school-2026-teachers-course/>

BOOKING DEADLINE:

Monday 8 December 2025

ELEVATING EXCELLENCE:

tools for teaching dance vocabulary and movement
with precision, clarity, and artistry

COURSE AIMS:

- Elevate the teaching of dance vocabulary and movement with precision, clarity, and artistry.
- Gain tools to nurture, challenge, and motivate students at all levels, including those on vocational pathways
- Strengthen approaches to help learners reach their highest potential in examinations and performance
- Advance knowledge in injury prevention, sustainable training, and performance longevity

LEARNING OUTCOMES:

On completion of the activity participants will have:

- Refined their strategies to teach dance vocabulary and movement with greater precision, clarity, and artistry.
- Extended their range of tools to nurture, challenge, and motivate students across all levels, including those on vocational pathways.
- Adopted and adapted approaches that support learners in achieving their personal best in both examinations and performance settings.
- Integrated knowledge of injury prevention and sustainable training practices to enhance student performance and ensure longevity in dance.





FACULTY

SUMMER SCHOOL 2026 TEACHERS FACULTY



**LISA
HOWELL**

Internationally respected physiotherapist and educator Lisa Howell is the founder of Perfect Form Physiotherapy, a pioneering clinic and online portal that has transformed how dancers approach injury prevention, recovery and performance. With a career dedicated to empowering dancers and teachers worldwide, she shares her expertise through lectures, workshops and resources that promote health, artistry and excellence in dance.

"One of my aims is to change this lack of resources, by providing high quality educational courses to health professionals to increase the quality of the services given to dancers all over the world, as there is no way I can see everyone!"



**LISA
PAVANE**

Renowned ballerina and former Director of The Australian Ballet School, Lisa Pavane has enjoyed an extraordinary career spanning principal roles with The Australian Ballet and English National Ballet, as well as guest appearances with leading companies worldwide. Today, she continues to inspire the next generation of dancers through teaching, adjudicating, and international leadership in dance education.



**HILARY
KAPLIN**

Hilary Kaplan is an experienced dance educator and long-standing RAD examiner, recognised for her commitment to nurturing and supporting dancers at every stage of their training. Through her examining, teaching, and mentoring, she brings insight, encouragement, and expertise to help students and teachers achieve their personal best.



**HAZEL
BOOT**

Accredited Exercise Physiologist & Movement Specialist

Accredited Exercise Physiologist & Movement Specialist
Hazel is an Accredited Exercise Physiologist and Movement Specialist based in Christchurch. With a background in Exercise and Sports Science and extensive training in Restorative Exercise, Myofascial Release (ATSI), and Functional Breathing, she combines science-based methods with real-world experience to support recovery, strength, and performance.

Having personally navigated significant injury and illness recovery, Hazel brings deep empathy and understanding to her practice. She helps individuals recover, restore, and expand their movement potential through tailored exercise, pain management, and behaviour design strategies.

TIMETABLE



Programme - In person

MONDAY 12 JANUARY

9.00am - 10.00am	Registration and Welcome
10.00am - 12 noon	Dancing en Pointe: strengthening technique for confidence and grace Tutor: Lisa Howell Well known and highly respected dance physiotherapist, Lisa will take a series of 4 workshops – 2 in-person 2 online - that will reflect her extensive experience in providing resources and education to dance teachers on how to prevent injury and maximise performance. This first session will cover ways to support students to strengthen their pointe technique, by safely managing excessive pronation, restricted pointe range and ankle instability. We will work through a practical choreographed routine to help build mastery of control in all students. Available in person only; 2 hours Time-Valued CPD
12 noon - 1.00pm	LUNCH
1.00pm - 4.00pm	Exploring the principles and purpose of teaching: Tutor: Hilary Kaplan This session is designed to support teachers in helping each student achieve their personal best in their examinations. Focusing on port de bras, pirouettes and allegro, Hilary will take teachers through a detailed analysis of the movement vocabulary, emphasising the approach to teaching and intent of the movement – placing greater value on how and why something is taught rather than on what is taught. Available in person: 3 hours Time-Valued CPD
4.00pm	Welcome Social
5.30pm	FINISH

Timetable is a guide only – full programmes will be released closer to Summer School and are subject to change.

Programme - In person

TUESDAY 13 JANUARY

9.00am - 10.00am	Stretch, release and move: Tutor: TBC – in discussion Teachers really enjoy having a class that is a light physical workout, gives ideas for maintaining their own physical fitness and reminds them to take time for their own wellbeing. The tutor will use her dance teaching and Pilates experience to provide a class that will gently prepare teachers for the day. Available in person only; independent CPD hours
10.00am - 12noon	Prevent, Support, Recover: guiding students safely back to dance Tutor Lisa Howell In this 2nd session, Lisa will address common dance-related injuries related to poor shock absorption, such as shin pain, arch pain and knee injuries. She will then demonstrate practical exercises and strategies that teachers can use to safely support their students' recovery, build resilience, and reduce the risk of re-injury. Available in-person only; 2 hours Time-Valued CPD
12 noon - 12.45pm	LUNCH
12.45pm - 1.45pm	Safeguarding: Safe Touch in Dance: boundaries, consent and communication Tutor: TBC – in discussion This session will explore why safe touch matters in dance teaching. Teachers will gain practical advice for use in the studio, covering consent, professional boundaries, and using touch effectively and respectfully in their teaching practice. Available in-person and online; 1 hour Time-Valued CPD
2.00pm - 4.00pm	Fostering Artistry and Excellence in Performance: Tutor: Lisa Pavane Lisa will lead a workshop with teachers that will explore strategies to cultivate expression in every student. Teachers will discuss and reflect on how to inspire every student to shine. Available in person; 2 hours Time-Valued CPD
4.00pm	FINISH

Programme - In person

WEDNESDAY 14 JANUARY

9.00am - 10.00am	Stretch, release and move: Tutor: TBC – in discussion Second light physical workout, giving teachers ideas for maintaining their own physical fitness and reminding them to take time for their own wellbeing. The tutor will use her dance teaching and Pilates experience to provide a class that will gently prepare teachers for the day. Available in person only; independent CPD hours
9.50am - 10.00am	BREAK
10.00am - 12noon	Teachers observe Intermediate/Advanced Master class: Tutor Lisa Pavane Teacher will observe Lisa teaching a mixed Intermediate/Advanced vocational class. Available in person only; independent CPD hours
12 noon - 1.00pm	LUNCH
1.00pm - 4.30pm	The Art is in the Detail: Intermediate/ Advanced workshop Tutor: Hilary Kaplan Starting with a discussion regarding the content of the class with reference to Monday's workshop, teachers will observe RAD examiner and tutor, Hilary Kaplan teaching an Intermediate/ Advanced ballet class. The session will demonstrate how Hilary breaks down movements to build confidence and artistry through the detailed analysis of key movements such as port de bras, pirouettes and allegro. The workshop will be followed by a Q&A session. Teachers will have the opportunity to write a guided reflection on the learnings taken from the observation. Available in person only; Independent CPD or 4 Time-Valued hours with completed reflection
4.30pm	FINISH

Programme - In person

THURSDAY 15 JANUARY

9.00am - 10.00am	Stretch, release and move: Tutor: TBC – in discussion Third light physical workout, giving teachers ideas for maintaining their own physical fitness and reminding them to take time for their own wellbeing. The tutor will use her dance teaching and Pilates experience to provide a class that will gently prepare teachers for the day. Available in person only; independent CPD hours
10.10am -10.30am	BREAK
10.30am - 12.30pm	Principles of Healthy Movement: Tutor Hazel Boot Teachers will explore how to assess their movement to see where they under and over load their body. They will discover how this may be causing pain elsewhere in their body and how hip mobility and strength can help prevent injuries. Hazel will also discuss key aspects of behaviour design that are important for setting personal goals. Teachers will examine how they can apply these principles to their own life and support students to apply the same principles in their preparation for exams and performances. Available in person and online; 2 hours Time-Valued CPD
12.30pm - 1.00pm	REVIEW AND WRAP UP
1.00pm	FINISH

Programme - Online

MONDAY 12 JANUARY

1.00 - 3.00pm

Dancing en Pointe: strengthening technique for confidence and grace

Tutor: Lisa Howell

Well known and highly respected dance physiotherapist, Lisa will take a series of 4 workshops – 2 in-person 2 online - that will reflect her extensive experience in providing resources and education to dance teachers on how to prevent injury and maximise performance. This first session will cover ways to support students to strengthen their pointe technique, by safely managing excessive pronation, restricted pointe range and ankle instability. We will work through a practical choreographed routine to help build mastery of control in all students.

Lisa will repeat the session presented in the morning for online participants.
Available online only; 2 hours Time-Valued CPD

TUESDAY 13 JANUARY

10.00am - 12 noon

Exploring the principles and purpose of teaching dance

Tutor: Hilary Kaplan:

This session is designed to support teachers in helping each student achieve their personal best in their examinations. Focusing on port de bras, pirouettes and allegro, Hilary will take teachers through a detailed analysis of the movement vocabulary, emphasising the approach to teaching and intent of the movement – placing greater value on how and why something is taught rather than on what is taught.

This is a repeat of Monday's workshop with Hilary but available online only:
2 hours Time-Valued CPD

12 noon - 12.45pm

LUNCH

TUESDAY 13 JANUARY (Continued)

12:45 - 1:45pm	Safeguarding: Safe Touch in Dance: boundaries, consent and communication Tutor: TBC – in discussion This session will explore why safe touch matters in dance teaching. Teachers will gain practical advice for use in the studio, covering consent, professional boundaries, and using touch effectively and respectfully in their teaching practice. Available in-person and online; 1 hour Time-Valued CPD
1:45pm - 2.00pm	BREAK
2.00pm - 4.00pm	Prevent, Support, Recover: guiding students safely back to dance Tutor Lisa Howell Lisa will repeat the session presented in the morning for online participants. Available online only; 2 hours Time-Valued CPD

THURSDAY 15 JANUARY

10.00 - 12 noon	Principles of Healthy Movement: Tutor Hazel Boot Teachers will explore how to assess their movement to see where they under and over load their body. They will discover how this may be causing pain elsewhere in their body and how hip mobility and strength can help prevent injuries. Hazel will also discuss key aspects of behaviour design that are important for setting personal goals. Teachers will examine how they can apply these principles to their own life and support students to apply the same principles in their preparation for exams and performances. Available in person and online; 2 hours Time-Valued CPD
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FURTHER INFORMATION

FEES

Full Course

\$590 Member earlybird*
 \$640 non member earlybird*
 \$650 member
 \$700 non member

Daily Rate

\$185 Member earlybird*
 \$210 non member earlybird*
 \$200 member
 \$235 non member

Half Day Rate

\$95 member earlybird*
 \$120 non member earlybird*
 \$110 member
 \$145 non member

*Earlybird available until 1 November 2025, after that normal prices apply.

ACCOMMODATION

Sojourn Apartment Hotel, Newtown

Sojourn are offering Summer School attendees an exclusive 10% discount off our best available flexible rates.

Bay Plaza and West Plaza Hotels

We have secured a 10% discount for both of these hotels located in Central Wellington.

Please contact office@rad.org, for more information on how to secure these discounts. Terms and Conditions apply.



WHAT TO BRING

- **Dancewear** – leotard, tights, and/or other comfortable clothing you love to move in. Don't forget a warm-up layer (like a wrap, jumper, or leggings) for in between classes.
- **Ballet shoes** – these are needed for dancing on the tarkett floor. Please make sure they're clean and only worn in the studio. Tip: bring a pair of slides or overboots to pop on over your ballet shoes when moving between studios.
- **Jazz shoes** – if you have them, bring them along too.
- **Snacks, lunch, and water** – dancing all day takes energy, so pack plenty to keep you fuelled and hydrated.

Extra Tips

- Hair should be neatly tied back so you can dance freely.
- Bring a reusable water bottle to keep hydrated throughout the day.
- A small notebook and pen can be handy for jotting down choreography, corrections, or inspiration.



FRONT



BACK

SUMMER SCHOOL T SHIRTS

Each year we produce a special commemorative T-shirt to celebrate Summer School. This year's design is shown above and is available by pre-order only. Orders close on 11 December to ensure your T-shirt is ready for collection on Registration Day



For details on colours, sizes, and to place your pre-order, please visit the summer school page on our website

TERMS & CONDITIONS

Applicants are asked to apply early to ensure a place as each workshop has a limited number of places.

FEES

All fees are inclusive of GST. The Academy reserves the right to amend fees where either tax changes take place during a calendar year or circumstances, such as the introduction of or a devaluation of a currency.

GENERAL TERMS AND CONDITIONS

All applications and payments will be processed in order of receipt.

Correspondence will be sent primarily via email, if the email address is incorrect the RAD cannot be held responsible for missed or misdirected email communications.
Applications are non-transferable.

The Academy reserves the right to alter the advertised programme and/or tutor without prior notice. The information in this and other printed or electronic brochures notices is correct at the time of print or going online.

If participant information is not received it is the responsibility of the individual who completed the booking to contact us to arrange for the information to be reissued:

CLOSING DATES

Closing dates will be published locally, but the general rule is that closing dates is 10 days prior to the date of the workshop.

PRESS AND PUBLICITY CONSENT

During Summer School RAD staff may take photographs and video recordings. All photographs and video recordings will be the property of the RAD.

The Royal Academy of Dance (RAD) does not allow photographs, video, audio (sound) recordings or any other images of anyone to be taken without their consent.

By signing the registration form, you agree to give the RAD your consent for you or your child/ward to be photographed and/or filmed by the RAD.

The RAD may use the photographs and footage in the following ways as part of our legitimate interests, and we may share them with local partners, and RAD offices worldwide) to use:

- As promotional material in RAD publications (print and digital)
- On the corporate RAD and RAD shop websites, social media channels and third-party partner sites
- To distribute to press and media outlets to use in their print/digital publications and on their social media channels, as requested
- To be shared with RAD staff and students for training/educational purposes For Library and Archives specific marketing and promotions

Staff and photographers will be informed of students who do not have consent and they may be excluded from group situations.

In group settings where complete exclusion is difficult (e.g. large class photos) we will make reasonable efforts to avoid clearly identifying students. As it is often hard to exclude students in class groups, the RAD will make sure that no names or other identifying details are used.

The RAD will only keep and use the images and footage for as long as is appropriate for business purposes (this means, for as long as we need to have access to the pictures/videos to operate as a company).

You are free to withdraw your consent at any time by sending an email to bwilliams@rad.org.nz. You do not need to specify a reason why you are withdrawing consent. If you do decide to withdraw your consent at a later time, any pictures/videos/audio taken and uploaded will not be used in any future publications or on our websites, but may continue to appear in publications already (including hardcopy publication) in circulation or in cache until cleared.

WITHDRAWALS, TRANSFERS AND REFUNDS

A refund of 80% of the fee (excluding the registration fee) will be considered for cancellations on medical grounds and on receipt of a medical certificate up to 21 days prior to the course commencement.

In limited situations on compassionate grounds, a refund of 80% of the fee (excluding the registration fee) will be considered for cancellations due to a family emergency up to 21 days prior to the course commencement. To apply, please contact the National Director: bwilliams@rad.org.nz

A refund of 50% (excluding the registration fee) will be considered for cancellations on medical grounds and on receipt of a medical certificate that is received less than 21 days prior to the course commencement.

Force Majeure

The RAD shall not be liable to refund fees or any other penalty should activities be cancelled due to any cause whatsoever beyond their control.
No monetary fee will be granted.

DATA PROTECTION STATEMENT

The RAD hold information and contact details requested at the time of your booking that enable them to provide you with information relating to a participant's registration for an activity. We will not disclose your information to a third party except where legally required to do so. In addition, our Privacy Statement and Company Privacy Policy are available to view and download: The full RAD Privacy Statement is available to view online here.

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This printed prospectus is intended as a general guide for prospective students. Whilst every reasonable effort has been made to ensure the accuracy of the information, all programmes and associated support services are subject to change. We advise that you check our website for the most up to date programme information or contact the office.

