

**ROYAL ACADEMY
OF DANCE**

Silver Swans Celebration

Sunday 16 August 2026

Morning session

10:30-11:30

Body Conditioning Ballet (All) with Clare Novaes

Gentle Grooves (Gentle) with Emily Wardale

Joy and Expression: Natural movement and Classical Greek dance (All) with Ginnette Brookes

Silver Fox Ballet (All) with Josh Tuifua

Pilates: Standing and Matwork (All) with Barbara Wraith

Mid-morning session

11:45-13:00

The Dancer's Way (All) with Clare Guss-West

The Intelligent Foot (All) with Rosemary Beagley

11:45 – 13:15

Anything Goes (Gentle) with Catherine Francis

Dance the Harmony of Life (All) with Angela Kaufman

Exploring Repertoire (Steady) with Josh Tuifua

Afternoon session

13:45 – 15:15

Exploring Repertoire (Dynamic) with Josh Tuifua

14:00 – 15:15

Looking Good, Feeling Great (Gentle) with Caroline Peters

Freedom in Movement (All) with Rosemary Beagley

14:15 – 15:15

Solo Latin Dance (All) with Anna Bennett

Foundations in Theatre Jazz (Steady) with Sonia Brown

Late afternoon session

15:30 – 16:30

Showtime Jazz (Dynamic) with Sonia Brown

Pilates for Performance (Dynamic) with Anna Bennett

15:30-16:45

Anything Goes* (Gentle) with Catherine Francis

Exploring Repertoire (Dynamic) with Sarah Platt

17:00 EncoreEast Performance

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Level Descriptions: All | Gentle | Steady | Dynamic

All: A balanced and inclusive class for Silver Swans dancers and Licensees, offering options to listen and observe, and move at your own pace while still being challenged.

Gentle: A nurturing and welcoming class designed for those who enjoy working at a calm pace with a mindful, low-impact approach.

Steady: A workshop designed for those who enjoy working at a steady and consistent pace, with a focus on building upon a strong foundation in classical ballet.

Dynamic: An energetic and invigorating workshop perfect for those who enjoy working at a faster pace.

***Repeated workshop**



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Additional workshops designed for Silver Swan Licensees and dance teachers

Time-Valued CPD

10.30-13.00 (2.5 hours)

Finding inspiration: Choreography and Repertoire

with Sarah Platt

This inspiring practical workshop is designed for dance teachers who want to expand their skills and confidence in adapting ballet repertoire for adults and older learners in a safe, engaging, and inclusive environment.

Moving beyond performance alone, the workshop explores how ballet repertoire can be enriched through historical, social, and cultural perspectives, enabling teachers to create more meaningful and holistic learning experiences. Participants will discover ways to deepen engagement by connecting repertoire to its wider artistic and cultural context.

A central focus of the workshop is andragogy - the practice of teaching adult learners - and how these principles can support self-directed, motivated participation in ballet classes. Through practical exploration and collaborative discussion, teachers will gain valuable insight into delivering repertoire in ways that are interactive, accessible, and responsive to the needs of older learners.

Participants will leave with fresh ideas, adaptable teaching strategies, and greater confidence in planning and delivering ballet repertoire classes that support creativity and artistry.

13:45-16:45 (3 hours)

Teaching Ballet with Care: Inclusive practice for dancers affected by cancer

with Natalie Hall and Poppy Barnes of Fireflies Fitness CIC

Develop the knowledge, understanding, and confidence to support individuals affected by cancer. This workshop draws on the innovative Fireflies approach to explore how dance can positively support wellbeing throughout and beyond cancer treatment.

Combining evidence-based oncology with lived experience and holistic support strategies, participants will gain valuable insight into creating safe, compassionate, and empowering dance environments for those affected by cancer. Through guided discussion, practical exploration and scenario-based learning, teachers will develop strategies to adapt exercises, respond to individual needs and create a supportive studio environment without compromising artistic intent.

***N.B** These opportunities are open to dance teachers of all ages to attend. It is not a requirement of your attendance to be a Silver Swans Licensee, and we welcome all RAD teachers and beyond to enjoy the content that feels most relevant to them, with an opportunity to develop their teaching practise and seek support from other teachers working in similar contexts.*



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Bitesize 1 hour

with Paul Doyle

12:00-13:00

Proprioceptive Awakenings

Join a practical workshop focused on improving body awareness, balance and movement confidence in older adult ballet classes through simple, safe sensory activation. Be guided on how to integrate brushing and light tapping methods into barre and centre exercises to enhance alignment, co-ordination and ease of movement. Clear teaching scripts will be provided along with safety considerations, and adaptable ideas for mixed-ability groups, including seated options and low-intensity progressions.

14:00-15:00

Community by Design

Focus in on strategies to build connection through your class structure and facilitation. Explore simple, high-impact strategies to help every participant feel welcomed, included, and supported with ready-to-use class rituals, language tools, and inclusive teaching approaches that encourage engagement and long-term attendance, while maintaining clear artistic and technical intent.

15:30-16:30

Mind Moves: Motor Imagery in Silver Swans

Explore how motor imagery can enhance technique, balance, co-ordination and artistic expression in older adult ballet classes through guided examples. Build your bank of adaptable imagery prompts and short micro-teaching activities, ready to integrate imagery within your mixed-ability classes.

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Workshop descriptions (A-Z)

Anything Goes (Gentle)

Step into the spotlight and learn a musical theatre-inspired dance routine set to the iconic *Anything Goes*. It's the perfect blend of elegance, expression, and fun - designed to boost your confidence and get you moving with style.

Body Conditioning Ballet (All)

Enjoy a nurturing body conditioning class that follows a traditional ballet class structure with emphasis on finding the joy and listening to the body's own intelligence.

Dance the Harmony of Life (All)

This workshop will provide an introduction to the patterns of (English) country dancing and their connection to nature. Summon your curiosity and rekindle memories from the past, with a focus on group choreography.

Exploring Repertoire (Steady / Dynamic)

Workshops for dancers eager to deepen their artistry and technique. Delve into iconic choreography from celebrated ballets, uncovering the nuance, musicality, and storytelling that bring each piece to life. Whether you're looking to challenge yourself or expand your classical foundation, this workshop offers a rewarding journey into the heart of ballet.

Foundations in Theatre Jazz (Steady)

Explore the foundations of jazz - clean lines, dynamic movement, and expressive style. A low-impact workshop designed around jazz technique, it blends control and fluidity through carefully crafted exercises that build coordination without putting stress on your joints.

Freedom in Movement (All)

Explore how tension can affect coordination, balance, and movement quality in ballet technique. Through guided exercises and movement exploration develop greater awareness of efficient alignment, breath, and coordination to support ease of movement. The session will introduce practical strategies to help dancers release excess tension, improve fluidity, and enhance technical clarity while maintaining strength and control. These approaches aim to support both performance quality and long-term physical wellbeing in ballet training.

Gentle Grooves (Gentle)

Enjoy short routines to a beautiful blend of music from much loved ballets, West End musicals and 60s pop classics, in this joyful hour of feel-good movement. This class has been developed and successfully delivered to Silver Swans living in care home settings, designed to encourage postural awareness, strength development and improved confidence.

Joy and Expression: Natural movement and Classical Greek dance (All)

Understand and learn the elements of Classical Greek dance and natural movement as they are woven together through various exercises and short dance combinations.

Looking Good, Feeling Great (Gentle)

Zoom in on musicality and performance and enhance your perception of yourself as a dancer.

Pilates for Performance (Dynamic)

A mat-based class that utilises a combination of traditional Pilates and gentle strength and conditioning exercises, designed to support your dance journey. Learn take-away exercises to help you with your balance, with a focus on improving your posture and developing your hip stability.



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Pilates: Standing and Mat work (All)

Illustrating how Pilates can be used to build core strength and flexibility, the class will include isotonic holds - known to benefit mature bodies, alongside dynamic stretching.

Showtime Jazz (Dynamic)

Take it up a notch and build up to learning a musical-theatre dance that incorporates expression, drama, jazz technique, and most importantly... pizzazz! This is a workshop for those who like putting on a character, having some fun, and acting the star of the show!

Silver Fox Ballet (All)

A fun, dynamic and accessible ballet workshop with our resident Silver Fox.

Solo Latin Dance (All)

Feel the irresistible energy of the Cha Cha Cha - one of five vibrant and playful Latin American dances. Discover the foundations that bring this style to life, from mastering its signature rhythm to learning the iconic steps that define its character, before blending seamlessly in a short, stylish routine. Let the rhythm move you!

The Dancer's Way (All)

Explore both traditional and creative uses of imagery and story in ballet practice. Drawing on the rich language of ballet, uncover the wisdom behind familiar terms and experience how using imagery can transform the way we move, learn, and express ourselves through dance.

The Intelligent Foot (All)

Develop your foot mobility and articulation to improve balance, weight transfer, and posture in ballet class, while supporting lifelong stability and confidence in movement.

Performance

EncoreEast is a performing company of 19 dancers aged 56 to 84, based at DanceEast in Ipswich. They will share a new work with choreographer, Noora Kela.

Noora has a deep understanding and appreciation of the significance of diverse arts and cultures in fostering well-being within a flourishing society. She creates dance through collaboration, as exchanging ideas and minds with others is crucial to replenishing the creative resources.

Nora has longstanding relationships with Henri Oguike Dance and Shobana Jeyasingh Dance, carrying out educational outreach work, workshop planning, mentoring, and rehearsal directing for both companies.

