

• Class explanation 2019 – also see website

www.carmelamelia.com.au

- Classes will only be offered where there are enough students to satisfy minimum class number requirements.
- Ballet students G1 up intending to do exams must do 2 classes per week for the full year including the concert.
- Where minimum class numbers are not reached, levels will be combined or cancelled.
- CLASS DISCOUNTS are applied for students doing more than 1 class, discount is 10 - 30% off each additional class
- FOR EXTRA KEEN STUDENTS WHO CAN'T GET ENOUGH DANCE - UNLIMITED CLASS DEALS ARE AVAILABLE

Venues

- **SUNBURY** – “Dancetopia Studios” 6 Bubeck Street, Sunbury.
- **WOODEND** - Woodend Buffalo Stadium, 1 – 27 Forest Street, Woodend
- **GISBORNE** - Gisborne Leisure/Community Centre, 8a Hamilton Street, Gisborne

Uniforms available from :

- Junior leotards, tights, tots ballet shoes can be purchased through the school. *Shoes need to be purchased from a dance shop, we only stock Tot's ballet shoes.
- More detailed uniform description on our website www.carmelamelia.com.au
- “Mino Dance” 25B Brooke Street, Sunbury Ph: 03 9746 2682
- “Sparkelz” Dance Shop, 11/49 Royal Crescent, Hillside, Ph: 03 8390 8388
- “Energetiks” 166 Buckley St, Essendon Ph: 03 93313322
- “Bloch” Southbank Ph: 03 96457000

***Trial classes may be done in any appropriate clothing allowing free movement.**

CLASSICAL BALLET CLASSES

“Twinkle Toes” Tot's Creative Ballet Class

For 2 ½ - 4 ½ approx.. - not yet attending school. Class is 30 minutes and includes fun ballet basics with lots of expression and creative ideas. Emphasis is on musicality and rhythm. In order to encourage children to focus on the teacher and develop independence parents do not stay in the class once their child is comfortable and confident to be left.

Pre- Primary Ballet – Beginner ballet

For students 4 ½ – 6 y.o. attending 1st year of Primary school (Prep) or of school age. This class is 45 minutes and requires a more focused attention than tot's class whilst still maintaining the creative and expressive emphasis. Classes are timetabled early in the school week or on Saturday mornings where possible as this age group get very tired later in the week.

Primary Ballet

For students 6 – 7 y.o. attending school. Primary Ballet has an examination option for students but is not compulsory and is based on readiness. Exam participation will be a fun and informal introduction to the Cecchetti Classical Ballet exams.

Junior Recreational Ballet Class

For children 7-10 who do not wish to attend Grade examination classes or can only attend 1 class per week. Students will learn ballet technique, posture and placement but as there is no preparation for examinations the classes can be freer and more focused on open work and expression. Also a suitable extra class for those wishing to do more ballet.

Grade 1 Ballet

For students 7 – 8 y.o. Grade 1 is our first Cecchetti Grade examination level. The students are required to sustain the level of concentration needed for an examination situation. It is not compulsory to sit the exam but students not doing exams must be prepared to approach the class in the same manner as those who are. Those students who have not reached the technical standard will still be able to do a non-graded exam. *students will **benefit** by doing 2 classes per week at this level and should do so if they are intending to do exams. Students doing 2 classes must commit for the full year including concert.

Grade 2 Ballet

For students 8 and above. 2 classes per week is essential for good progress. It is **NOT** recommended to sit exams if only doing 1 class. Whilst it is still possible to progress with one class per week it can be frustrating for the student to fall behind their class mates. Grade levels are progressive and build on the knowledge from the previous grade. Grade 2 is a good starting level for older beginners and many combinations of classes can be taken to “catch up”. Students doing 2 classes must commit for the full year including concert.

Grade 3 – 6 Ballet

Students 9 and above, 2 classes per week essential for good progress and exams. Grade levels are progressive and usually students attempt a level per year. Late beginners would be advised to do a mixture of the levels to get the skills required.

Recreational Ballet Classes

For older students wanting to study ballet for fun with no examinations. Excellent for late starters and those taking ballet to improve their technique for other dance disciplines such as gymnastics, calisthenics and figure skating.

Major Levels – Intermediate, Advanced 1 & 2

The major levels require a high level of training and commitment to achieve the required standard for examination. In most cases these levels will be taken over 2 or more years. Progress examinations are advised before sitting full exam. If Intermediate exam is not completed then students are not eligible for the higher level exams. Students not wishing to undertake exams can still benefit from the strong technique grounding of these levels.

Character Class – Character dance studies the stylized form of folk dance often seen coupled with classical ballet and usually representing European dance styles. Character class is only available to students studying classical ballet.

High Performance Classes – Level 1,2 & 3 – These classes will be offered to students showing ability in classical ballet and a desire to further their technical and performance skills. Classes take the form of “open class” and challenge the students to a higher level than regular grade levels. Students will be invited to attend this class if they are showing the required attitude and dedication in their syllabus ballet classes. This class IS NOT an alternative to a second exam syllabus class but is taken to extend the keen ballet dancer.

CONTEMPORARY CLASSES

***As contemporary dance is very much aided by strong ballet technique the teacher may choose to advance students showing a stronger technique above their suggested age/level.**

Junior Contemporary - For students 5-8yo or up - or Grade 2 ballet

Elementary Contemporary – For 8-12 years and up – or Grade 3 & 4 ballet - *Advanced level chosen by teacher

Intermediate Contemporary – For 10-14 years and up – or Grade 5 & 6 ballet – Depends on experience and ability

Senior Contemporary – For 13 – 16 years and up – or Intermediate ballet – Depends on experience and ability.

Senior Advanced Contemporary – 16 years & up Senior (Adv 1 & 2 Ballet) students

LYRICAL CLASS

Lyrical dance has a free ballet style and includes flexibility and gymnastic movements with emphasis on creative expression. Ballet technique is required to take this class therefore students should ideally be also taking part in classical ballet technique classes. ***ages a guide only**

Junior/Elementary – 7-12yo – Grade 1 to G4 Ballet, **Intermediate** – 10-14yo – Grade 5 & 6 Ballet, **Senior** – 12- 18yo – Intermediate & adv 1 Ballet, **Senior Advanced** – 14 and up – Still doing ballet at Advanced 1 level or higher.

JAZZ/FUNK CLASSES

Primary Jazz/Funk-For 3 – 6 y.o, a 30 minute class suited to Tots & Pre-Primary Ballet students. With free dance, and jazz/funk basics for beginners, **Junior Jazz/Funk**-For ages 6 – 8 depends on experience and ability, **Elementary Jazz/Funk**- For 8 - 12 and older beginners, **Intermediate** – For 10- 14 yo or Grade 5 & 6 Ballet, **Senior & Senior Advanced Jazz/Funk**- For 13 up

Junior Tap, Elem/Intermediate Tap & Senior Tap - For ages 4 and upwards, older students will progress more rapidly and can move to next level once basics are achieved!

Adult Tap – For all adults to come along and try, it's a great work out and lots of fun too!

Hip Hop - Hip Hop is a specific style and is not recommended as a replacement to Jazz/Funk which covers a much more thorough range of dance technique. Hip Hop classes offered are Junior 5-9, Elem/Inter 9-14, Senior 14+

Acrobatics Level 1 - 4

Studying the correct strengthening, flexibility and techniques for the basic acrobatic movements now widely used in dance. Ages are less important than skill level so students must be guided by the teachers as to the suitable level. Level 1 is for all beginner students, Level 2 is for students already proficient and ready for aerial work such as flips and tumblers. Level 3 – Junior Advanced is for students already proficient in aerials and flips. Acro 4 is for senior level students working on aerials, tumblers and flips.

Strength & Conditioning

A class specially to work on a dancer's cardio fitness and core strength which are both areas a dancer can not get too much of!