



THE BALLET STUDIO

2024 INFORMATION PACK

Welcome to The Ballet Studio

We are thrilled to welcome new and returning students and families to The Ballet Studio. Established in 2022 The Ballet Studio offers high quality classical ballet training in a structured and encouraging environment utilising the Russian Vaganova training method and the Ballet Conservatoire syllabus devised by Christine Walsh AM.

Our Mission

The Ballet Studio aims to provide students high quality classical ballet training that inspires a love of dance and instils lifelong skills creating confident, resilient, dedicated, self-motivated, and disciplined dancers.

Vaganova Method

The Vaganova method is a ballet technique and training system devised by Russian dancer and pedagogue Agrippina Vaganova. It is considered the foremost training system and is practised by ballet companies all over the world.

Syllabi

The Ballet Studio teaches the following syllabi – Ballet Conservatoire Syllabus, International Character Dance Syllabus and Progressing Ballet Technique. Our teachers are certified and attend regular training to ensure they offer our students the most up to date training methods and techniques.

Ballet Conservatoire Syllabus

Pre Primary - Excellence

The Ballet Conservatoire Syllabus based on the Russian Vaganova method and devised by Christine Walsh AM, is a 12 year classical ballet training and assessment program designed for young part time ballet students. The Ballet Conservatoire is inherent of the Vaganova method through its emphasis of correct placement, use of epaulement, and its dynamics and performance quality.

International Character Dance Syllabus

Level 1 – Level 6

The International Character Dance Syllabus has been designed and written by Australia's leading exponent of Character Dance, Alida Segal. Her experience began in 1970 with Madame Berezowsky AM in Melbourne and continued while studying at the world-renowned Moiseyev School in Moscow, Russia. ICDS provides a clear and concise training program catered to both vocational and recreational students, taking them from the basic concepts of character dance to professional standards in preparation for a career on the stage. The syllabus is holistic in its approach and includes active physical practice of technique and movement, study of music and rhythm, as well as elements of ethnology, physics, and design. ICDS compliments students' classical ballet training assisting students understanding of the development of dance styles.

Progressing Ballet Technique

Junior – Advanced

Progressing Ballet Technique (PBT) is a program developed by Marie Walton-Mahon to help students advance in all dance forms by training muscle memory. PBT focuses on core stability, weight placement and postural alignment.

Specialised Preschool Program

The Magic Of

Our specialised dance and movement program – *The Magic Of* offers preschool aged children a fun and engaging introduction to dance and movement that sparks creativity, builds confidence, and inspires a true love of dance.

Children are introduced to a dance class environment, basic dance and ballet technique and terminology, musicality, and rhythm whilst inspiring a love of dance through creativity, storytelling, imagination, and the use of props.

The Magic of Dance

2-3yrs

30mins

A fun and engaging class that introduces children to basic dance technique utilising their creativity, storytelling, imagination, props, and dance-based games.

The Magic of Ballet

3-4yrs

45mins

A fun and engaging class that introduces children to basic classical ballet technique utilising their creativity, storytelling, imagination, props, and dance-based games.

Afterschool Program

Our afterschool program offers students continued development of classical ballet technique utilising the Ballet Conservatoire Syllabus.

Pre Primary Ballet

5-6yrs Prep

Pre Primary Ballet provides young students an introduction to classical ballet technique with emphasis on posture and port de bras (use of the arms). Students further develop their imagination and creativity with musicality training, improvisation, and mime.

Primary Ballet

6-7yrs Grade 1

Recommended: 2 Classes/Week

Primary Ballet provides students a continuation of the principles and techniques established in Pre Primary Ballet, whilst expanding students basic classical ballet vocabulary. Students artistic and creative expression is encouraged through continued study of music, improvisation, and mime.

Preparatory Ballet

7-8yrs

Recommended: 2 Classes/Week

Continued development of fundamental classical ballet technique is the focus of Preparatory Level 1 with particular emphasis on strength, flexibility and students awareness of postural alignment. Students artistic expression is further enhanced with the introduction of the classical ballet technique – epaulement (use of the shoulders).

Level 1 – Level 5

8-14yrs

Recommended: 3+ Classes/Week

Establishes a greater understanding of classical ballet technique whilst increasing students vocabulary requirements and theory knowledge. Students commence preparation for pointe work. Students artistry and performance quality is further enhanced through use of epaulement and body positioning and orientation.

Senior Level

15yrs

Recommended: 4+ Classes/Week

Advancement to Senior Level is dependant on student strength and ability. Students enhance their comprehensive understanding of classical ballet technique and vocabulary, further refining their artistry and performance quality.

Excellence

16+ yrs

Recommended: 4+ Classes/Week

The final level of the Ballet Conservatoire Syllabus ensures students a thorough understanding of classical ballet technique, vocabulary, theory, strong pointe work and artistry preparing dancers seeking a career in dance.

Open Ballet

13+ yrs

Taught in Vaganova style our Open Ballet classes work to challenge students' technique and flexibility, strengthen students cognitive development, encourage muscle development, and further develop students understanding of correct placement.

Stretch

Stretch classes work to develop students strength and flexibility to support their classical ballet technique.

Pre Pointe/Pointe

Pre Pointe is a conditioning based class which assists students readiness for pointe work including strengthening of core stability, ankle flexion and stability, students understanding of body placement and strength of students turnout. Pre Pointe and Pointe classes require both approval of our Director and a qualified dance physiotherapist. Pointe shoes are NOT to be purchased with out this approval.

Pointe is a structured technique class in which students commence basic pointe work and exercises at the barre. As students progress and strengthen their pointe work they commence centre work and eventually repertoire en pointe. Pre Pointe and Pointe classes require both approval of our Director and a qualified dance physiotherapist. Pointe shoes are NOT to be purchased with out this approval.

Adult Program

Whether you are an adult who always wanted to try ballet, a previous ballet student or an experienced adult dancer - we have a class for you!

Absolute Beginner Ballet

8 Week Program

Provides our adult students a comprehensive introduction to classical ballet taking students through the basics of ballet technique in a fun, encouraging, and informative environment.

Adult Beginner Ballet

Provides adult students a continued introduction and refinement of classical ballet technique in a fun, encouraging and informative environment.

Adult Inter Ballet

Our weekly Adult Inter Ballet class further extends classical ballet knowledge whilst developing correct body alignment, and building your strength and technique in a fun, encouraging, and informative environment.

Adult BalletFit

Utilising Pilates, PBT (Progressing Ballet Technique), and Floor Barre techniques this low impact class is perfect for those who want to improve core strength and stability, body awareness, postural alignment, muscle memory, coordination, flexibility and range of motion.

Private Coaching Program

Private coaching is offered to students seeking to further develop their classical ballet technique, prepare for examinations or auditions, prepare students for pointe work, learn choreography including solos to perform/compete.

Private Coaching is offered by appointment only.

Examinations

The Ballet Studio offers examinations in the Ballet Conservatoire Syllabus. Examinations provide students and teachers alike an opportunity to work towards an achievable goal and receive feedback as to their classical ballet technique development. The Ballet Studio offers both internal examinations and external examinations.

Students wishing to participate in examinations must attend the minimum recommended classes per week for their level and are required to attend exam rehearsals in the lead up to examinations.

Private Coaching is available to students wishing to participate in examinations.

Performances

We love the confidence our students get from performing and offer our students multiple opportunities to perform through the year including our Mid-Year Performance and End of Year Performance. We also love supporting our local community and understand that ballet as an art form isn't always accessible for all and therefore we love performing at local community events such as The Lilydale Street Fair.

Performances do require extra commitment from our dancers including attending compulsory rehearsals. **Please note if students do not attend compulsory rehearsals they will be unable to perform and any fees/levies including theatre levy and costume levy will be forfeited.**

2024 Term Dates

Our classes run in line with Victorian school terms.

2024 Term Dates

Term 1

January 29th – March 28th

Term 2

April 15th – June 29th

Term 3

15th July – September 21st

Term 4

October 7th – December 14th

TBS Fee Schedule

The Magic Of Fee Schedule

Class	Age	Hours/Week	Fee
Magic of Dance	2-3yrs	0.5hrs	\$180/Term
Magic of Ballet	3-4yrs	0.75hrs	\$200/Term

The Magic Of Levy Schedule

Administration/Insurance Levy	\$30
Mid Year Theatre Levy	\$30
End of Year Theatre Levy	\$50
Costume Levy	\$60/Costume

TBS Term Fee Schedule

Hours/Week	Fee
30min	\$180/Term
45min	\$200/Term
1hr	\$250/Term
1.25hrs	\$275/Term
1.5hrs	\$300/Term
1.75hrs	\$325/Term
2hrs	\$350/Term
2.25hrs	\$375/Term
2.5hrs	\$400/Term
2.75hrs	\$425/Term
3hrs	\$450/Term
3.25hrs	\$475/Term
3.5hrs	\$500/Term
3.75hrs	\$525/Term
4hrs	\$550/Term
4.25hrs	\$575/Term
4.5	\$600/Term
4.75	\$625/Term
5hrs	\$650/Term
5.25	\$675/Term
5.5hrs	\$700/Term

TBS Levy Schedule

Administration/Insurance Levy	\$30
Mid Year Theatre Levy	\$30
End of Year Theatre Levy	\$50
Costume Levy	\$60/Costume

TBS Casual Fee Schedule

Class	Fee
Absolute Beginner Ballet 8 Week Intro	\$250
Adult BalletFit	\$25/Class
Adult Beginner Ballet	\$30/Class
Adult Inter Ballet	\$35/Class

Administration/Insurance Levy is included in Term 1 invoice unless enrolling after this time.

Theatre and Costume Levies partially contribute to the cost of our End of Year Performance covering theatre hire costs, technicians fees and costumes costs.

Theatre Levy is divided across Term 3 and Term 4 invoices.

TBS Fee Policy

TBS fees are invoiced during the school holidays and are payable at the commencement of each term.

TBS accepts payment via direct deposit, credit/debit card or cash.

TBS wishes to note late payments will incur a \$20 late fee.

TBS does not offer refunds for classes that have already been undertaken.

TBS does not offer refunds for missed classes, classes are booked for a minimum enrolment of one term, regardless of participation.

TBS will consider advanced notice for extended holidays, however this does not include weekends away and is subject to directors discretion.

TBS offers a 10% family discount when 1 or more immediate family member is enrolled on Term fees ONLY, this does not include levies.

TBS Uniforms

All our uniforms are easily purchased from:

Dance Art
207 Mount Dandenong Rd
Croydon VIC 3136

The Magic Of - LILAC
Studio 7 Cap Sleeve Chiffon Dress

Pre Primary/Primary Ballet - BALLEP PINK
Energetiks Annabelle Camisole Leotard & Energetiks Emily Skirt

Preparatory/Level 1 Ballet - DUSTY PINK
Energetiks Annabelle Camisole Leotard & Energetiks Emily Skirt

Level 2/3 Ballet - LUNAR
Energetiks Annabelle Camisole Leotard & Energetiks Georgette Skirt

Level 4/5 Ballet - DEEP PURPLE
Energetiks Annabelle Camisole Leotard & Energetiks Melody Skirt

Senior/Open Ballet - NAVY
Energetiks Annabelle Camisole Leotard & Energetiks Melody Skirt

GIRLS

Must wear skin coloured ballet tights and shoes

BOYS

Energetiks Jesse Leotard White/White T-shirt
Energetiks Oakley Black bike shorts/Black tights
White Socks
Black Canvas Ballet Shoes

TBS Uniform Policy

TBS's uniform policy encourages discipline, provides students a sense of belonging and community, and most importantly ensures our teaching staff can assess and correct students body alignment and placement.

All students are required to wear the correct uniform including: classical ballet flat shoes, skin coloured ballet tights, leotard in their corresponding level colour and matching skirt.

Baggy clothing is not suitable attire for ballet as it can restrict movement, cause potential injury and does not allow teaching staff suitable visibility to correct students technique and alignment.

Students wearing baggy clothing will be asked to remove it.

Girls are to wear their hair in a neat and tidy classical ballet bun with hair pinned away from the face.

Boys are to wear their hair neat and tidy with hair away from their face, if hair is long, it should be secured away from the face.

Our uniform is easily purchased from Dance Art, Croydon.

TBS Safe Dance and Injury Policy

The Ballet Studio takes pride in its approach to student safety and wellbeing.

We follow and adhere to Ausdance Safe Dance Practices ensuring students are provided with a safe training environment, with an emphasis on physical health and emotional wellbeing. More information in regards to Ausdance Safe Dance Practices can be found here:

<http://ausdance.org.au/articles/details/safe-dance-practice>.

The Ballet Studio ensures it's policies and procedures are in place to manage risks and mitigate them, unfortunately however accidents can occur. In the event of injury or illness The Ballet Studio recommends seeking medical advice and treatment from a qualified professional. Parents and students are required to inform The Ballet Studio of any injury or illness and where applicable follow advice of their health practitioner.

INJURY LIABILITY WAIVER

I agree I will not hold The Ballet Studio, its staff, or directors, liable for any injuries sustained whilst undertaking normal dance class activities.

TBS Visual Media Policy

The Ballet Studio recognises that visual media forms an integral part of dance training and education. The Ballet Studio may take photographs and/or video footage during class time, theatre rehearsals and performances for educational purposes and social media use.