



# THE BALLET STUDIO

2025 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. Thank you for choosing The Ballet Studio as you home for dance education!

This information pack includes everything you need to know as a student/parent of The Ballet Studio including:

Syllabi Information

The Magic of Ballet

*Introduction to Classical Ballet for Students 2-6yrs*

After School Program

Adult Program

2025 Term Dates and Timetable

Examinations

TBS Performances

TBS Fee Schedule

TBS Fee Policy

TBS Uniforms

TBS Uniform Policy

TBS Safe Dance Policy

TBS Visual Media Policy

TBS Car Park Policy

## **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.

### ***The Magic Of Ballet***

#### ***Introduction to Classical Ballet for 2.5yrs – 6yrs***

*The Magic Of Ballet* offers children aged 2.5yrs – 6yrs and introduction to classical ballet in a fun and engaging environment that sparks creativity, builds confidence, and inspires a true love of dance.

Children are introduced to a dance class environment, classical 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 Ballet***  
***2.5yr-3.5yr***

***The Magic of Ballet***  
***3.5yr – 5 yrs***

***The Magic of Ballet***  
***5-7yrs***

## **Afterschool Program**

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

### **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 1/2 Ballet**

Recommended: 2 Classes/Week

Continued development of fundamental classical ballet technique is the focus of Level 1/2 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).

### **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.

## **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.**

### 2025 Term Dates

Our classes run in line with Victorian school terms.

Term 1

Saturday 8<sup>th</sup> Feb – Saturday 5<sup>th</sup> April

Term 2

Monday 28<sup>th</sup> April – Saturday 5<sup>th</sup> July

Term 3

Monday 21<sup>st</sup> July – Saturday 19<sup>th</sup> September

Term 4

Monday 6<sup>th</sup> October – Saturday 20<sup>th</sup> December

### 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	\$45 Includes Free TBS Shirt
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	\$45 Includes Free TBS Shirt
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.

Includes complimentary TBS Shirt!

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

Mid Year Theatre Levy and Costume Levy are charged in Term 2 invoice.

End of Year Theatre Levy and Costume Levy are charged in Term 3.

## **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 levies are strictly NON Refundable.

## **TBS Uniforms**

All our uniforms are easily purchased from:

Dance Art

207 Mount Dandenong Rd

Croydon VIC 3136

The Magic Of Ballet

2.5yrs – 5yrs

LILAC

Studio 7 Cap Sleeve Chiffon Dress

The Magic of Ballet

5 – 7yrs

BALLET PINK

Energetiks Annabelle Camisole Leotard & Energetiks Emily Skirt

Primary/Preparatory Ballet

DUSTY PINK

Energetiks Annabelle Camisole Leotard & Energetiks Emily Skirt

Level 1/2 Ballet

CERISE

Energetiks Annabelle Camisole Leotard & Energetiks Emily Skirt

Senior/Open Ballet - NAVY

Energetiks Annabelle Camisole Leotard & Energetiks Melody Skirt



## **TBS Uniforms continued**

### **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.

## **TBS Car Park Policy**

**Please note there is strictly NO PARKING in the Car Park prior to 5.30pm Monday – Friday**

This applies to all TBS staff, parents and students.

When parking outside of these times please park in bays marked *Empart*

Street Parking is also available