



# Classes Available

In 2026, ADA is planning to offer Dance Classes in the following Dance Styles:

Tiny Tots  
Mini Ballet, Jazz, Tap & Acro  
Classical Ballet & Pointe  
Tap  
Jazz  
Contemporary  
Hip Hop  
Acrobatics  
Troupe & Troupe privates  
Singing Privates  
Adult Classes

**Students only progress through to the next level based on teacher's advice / completing exams successfully. The below information is intended as a guide only and subject to each individuals abilities according to the teachers.**

## Tiny Tots

This Beginners dance class is open to children who will be going to preschool next year. This is generally age 3 to 4 year olds.

The class offers an introduction to the joy of movement and music and mostly focuses on Ballet foundations

## Mini Ballet, Jazz & Acro

These dance classes are open to students eligible to be enrolled in Pre-School or Transition years at school. (Generally 4 and 5 year olds).

These classes offer an introduction to the joy of movement and will include Classical Ballet Jazz and tap. It will also introduce the kids to the foundations of Acrobatics.

# Classes Available

## Jazz Classes

Jazz classes commence for students enrolled in preschool (generally 4 years old). While the primary focus of classes will be on learning correct dance technique based on the ATOD (Australian Teachers of Dancing) syllabus there will also be an emphasis on learning choreographed dances. Senior open classes are not syllabus / exam based.

**Jazz Test 1....** Open to students enrolled in Transition or Years 1 or 2 at school

**Jazz Test 2....** Open to students enrolled in Years 2 or 3 at school

**Jazz Test 3 ...** Open to students enrolled in Years 3 or 4 at school

**Jazz Bronze Medal....** Open to students enrolled in Years 5 or 6 at school

**Jazz Bronze Star....** Subject to teachers' discretion

**Jazz Silver Medal....** Subject to teachers' discretion

**Jazz Silver Star....** Subject to teachers' discretion

**Senior open Jazz ...** Subject at the teacher's discretion

## Hip Hop Classes

Hip Hop classes commence for students enrolled in Transition at school (generally 5 or 6 years old). While the primary focus of classes will be on learning correct dance technique based on the ATOD (Australian Teachers of Dancing) syllabus there will also be an emphasis on learning choreographed dances. Senior open classes are not syllabus / exam based.

**Hip Hop Levels 1 & 2...** Open to beginner students in Transition to Year 2 at school

**Hip Hop Levels 3 & 4 & 5 ...** Open to students in Year 3 to Year 6 at school

**Hip Hop Levels 6 & 7 & 8 ...** Open to students in Year 6 to Year 10 at school.

**Senior open Hip Hop ...** Subject the teacher's discretion

**Boys Hip Hop ...** Open to boys of all ages and standards



# Classes Available

## Classical Ballet

Classical Ballet classes commence for students enrolled in Pre School at school (generally 4 or 5 years old). While the primary focus of classes will be on learning correct dance technique based on the ATOD (Australian Teachers of Dancing) syllabus there will also be an emphasis on learning choreographed dances.

- **Bronze star and above levels must participate in two classes a week**
- **Silver star and above levels must participate in the pre pointe / pointe classes to continue sitting their exams and transition into starting Pointe**

**Ballet Test 1....** Open to students in Transition or Year 1 at school

**Ballet Test 2....** Open to students in Year 1 or 2 at school

**Ballet Test 3....** Open to students in Year 2 or 3 at school

**Ballet Bronze Medal....** Open to students in Year 4 or 5 at school

**Ballet Bronze Star....** Subject to teachers' discretion

**Ballet Silver Medal....** Subject to teachers' discretion

**Ballet Silver Star....** Subject to teachers' discretion

**Ballet Gold Medal....** Subject to teachers' discretion

**Ballet Gold Star....** Subject to teachers' discretion

**Ballet Elementary....** Subject to teachers' discretion

**Pre Pointe & Pointe classes ...** For students in Silver Star and above levels to provide strength and support as they prepare for pointe work which is required in their upcoming exams. \*Subject to teachers' discretion

Students enrolled in this class and that are new to pointe, will receive instruction in the techniques of 'en Pointe' ballet and will be required to be fitted with and purchase 'Pointe' Ballet shoes. This class is open to students enrolled in Ballet Silver star and above, at the teacher's discretion. To do Pointe classes students must be dancing at least 2 ballet classes a week for strong technique and to prevent injury.

# Classes Available

## Tap Classes

Tap classes commence for students enrolled in transition at school. While the primary focus of classes will be on learning correct dance technique based on the ATOD (Australian Teachers of Dancing) syllabus there will also be an emphasis on learning choreographed dances. Open classes & Senior open classes are not syllabus / exam based.

**Junior Open Tap....** Subject to teachers' discretion

**Intermediate Open Tap ....** Subject to teachers' discretion

**Senior Open Tap ....** Subject to teachers' discretion

## Contemporary/Lyrical Classes

\*These are **NOT** exam / syllabus based classes – students will focus on and learn different techniques and styles of contemporary and lyrical as well as choreography for these styles.

### **Junior Contemporary**

For students in Transition – Year 5 at School

### **Intermediate Contemporary**

For students in Year 6 – 9 at School

### **Senior Contemporary**

For students in year 9 and above at school. Subject to teachers' discretion

## Acro Classes

\*These are **NOT** exam / syllabus based classes – students will focus on and learn strength, flexibility and technique required to achieve acrobatic skills.

Classes are split into four levels.

**It is a requirement that all Level 2 acro students and above will be required to do a stretch and strength class of the appropriate level.** This is to ensure the students are safe and have correct muscles activating and strengthening when performing any acrobatic moves and to ensure we don't take away time in the Acro class to learn skills.

**Level 1 Acro** – suitable for students who are still learning how to cart wheel and forward roll safely. Approximate ages of 5 - 7

**Level 2 Acro & stretch/strength** - suitable for students who can safely cart wheel and forward roll without assistance. Approximate ages of 7 - 10

**Level 3 Acro & stretch/strength** – suitable for students who can do walkovers or are strong enough to learn with some assistance. Approximate ages of 8 - 12

**Level 4 Acro & stretch/strength** – suitable for students who can flip or are strong enough to start learning how to flip/do aerials. Approximate ages of 12 +

# Classes Available

## Troupe Classes

\*These classes are invite only, based on auditions. Please keep an eye out for any audition announcements. Troupe classes work on routines for competition. Troupe classes also include the opportunity of privates for solo's / duo's & trio's for competition.

## Private Singing Classes

We are offering private singing classes based on teacher availability – first in best dressed, please email to enquire.

## Adult Dance Classes

This year ADA is catering for a number of different dance genres for adults.

- Adult Jazz
- Adult Tap and
- Adult Hip Hop

We welcome ALL to these classes. Whether you have had previous dance experience or no dance experience, we will cater to your abilities. It is a great way to get fit, have fun and learn some new moves.

**Note:** It is stressed that the above criteria, for all genre levels are guidelines only, particularly those based on age or year at school. Individual exceptions to these guidelines may be made at the teacher's discretion; however, unless prior arrangements are made with the teacher, students should initially be enrolled in accordance with these guidelines. Students who have had no previous dancing experience may be initially placed in classes below their age group in order to pick up basic dance techniques before being moved into another class.