

BALLET
PRE-SCHOOL PROGRAMME

Parent and Me
Pre-school for 3 & 4 years old
The emphasis is on movement, the importance of which has been well documented by educationalists and psychologists alike. During these early years, the child is developing fundamental movement skills that are necessary to enable them to participate in future physical & social activities. The RAD preschool dance curriculum has been created from this developmental perspective. The curriculum also exposes children to listening skills, rhythms, co-ordination and emotional expressiveness.

Pre-Primary: 5 years and over
Continues to develop stability and strength while expanding the child's balletic vocabulary and skills. A class assessment test may be done at this stage. At this level, students may be entered into a RAD exam.

JUNIOR PROGRAMME*

Primary: (6 years and over)
Continues the study of rhythm and spatial awareness while adding more complex ballet steps and patterns. Free movement is introduced.

Grade 1 & 2
*Contains more intricate ballet movements with further elevation and change of direction. Character classes are also included. At this level and up, **students should be taking two classes a week if they wish to take exams.***

INTERMEDIATE PROGRAMME*

Grade 3 - 5 (7 years and over)
*The focus is on training for the RAD exams which include classical ballet and character classes. **A minimum of two classes a week is required for progression.***

SENIOR PROGRAMME*

Grade 6 and up
*Balletic vocabulary is increased. Sequences become harder to execute in both classical ballet and character dance. **Two classes a week minimum are required.** Separate contemporary dance classes are recommended at this stage of development.*

All the graded levels are suitable for the "recreational" dancer. Exams are highly recommended for motivational purposes, but are not mandated for progression. High school credit is obtained for any RAD exam passed Grade 4 and up. NOTE: there is no pointe work in any of the Grade levels.

VOCATIONAL PROGRAMMES

Intermediate Foundation - Advanced 2
Students with the physical facility who are serious about ballet will be selected for vocational study. These levels give the student the comprehensive vocabulary and understanding as well as the physical strength to pursue a career in dance should they so desire.

Intermediate Foundation (11 years or over)
Two classes per week plus one pointe class required. *It is also recommended to take one class at Intermediate level.*

Intermediate (12 years or over)
Two classes per week plus one Intermediate pointe class required. *It is also recommended to take one class at Advanced 1 level.*

Advanced 1 (14 years or over)
Three Advanced 1 classes per week plus corresponding Advanced Pointe classes required. *It is also recommended to take one class at Advanced 2 level.*

Advanced 2 (15 years or over)
Four Advanced 2 classes per week plus corresponding Advanced 2 Pointe classes are required.

ADDITIONAL PROGRAMMES

Jazz
Commercial style dance technique, focuses on stretch & strength, movement, across the floor and combinations.

Tap
Students learn how to count rhythms and syncopation by the by the clicking taps on the heels and toes.

Contemporary
A creative, exploratory technique. Based on natural movement, it is both expressive and athletic and complements classical ballet technique.

Musical Theatre
Students learn excerpts from musicals. Enhances the student's overall stage presence, including singing and acting.

Street Jazz
"Music video style" dance moves to current popular tunes.

Lyrical Jazz
Students will learn the blend of ballet and jazz dance. It is a more passionate and emotional dance style.

Irish - Recreational only
"Riverdance" style folk dance. Traditional Irish dance technique.

Acro
Students will learn a unique choreography which seamlessly blends classical dance technique with precision acrobatic elements.



Our Mission
More than just teaching the joy of movement and an appreciation of dance... Our mission is to produce young adults who are leaders, with personal life tools, a sense of conviction and an appreciation of what can be accomplished through hard work and determination - a clear advantage to becoming successful in life.

5 Good reasons to choose DBA
We know you have a choice about which dance school you will enroll your child in. Here are 5 good reasons why DBA is right for you!

1. We are a long established dance school with a respected position in the community.
2. We offer a positive and supportive atmosphere for students of all ages and abilities.
3. We aim to develop the whole person not just the dancer.
4. We have a serious but not overly exclusive attitude to dance in all its forms.
5. Our teachers are qualified, professional & friendly.

Performance/Company Division

by invitation only



Students who take the required number of dance classes per week may be invited to participate in groups, solos duos or trios. Specially choreographed pieces are taught in performance classes and students participate year round in community performances and competitions throughout the Lower Mainland as well as internationally.

Certain students may also be invited to join Ballet or Jazz Company classes where large production numbers will be created.



DOUGLAS BALLET & PERFORMING ARTS ACADEMY
Tel#: (604) 420-0204
Fax#: (604) 420-0255
Unit 202-4199 Lougheed Hwy
Burnaby, BC V5C 3Y6
www.douglasballet.com
email: dba2@telus.net



**BALLET * R.A.D. EXAMS *
CONTEMPORARY *
JAZZ * LYRICAL *
TAP * MUSICAL THEATRE *
STREET JAZZ * ACRO *
ADULT DANCE * IRISH *
PERFORMANCE/COMPANY
DIVISION**