

Dear Parents,

We are pleased to announce we are opening a new vocational class from September which is open to girls studying at grade 3 & 4 level RAD ballet.

This class is designed to prepare their bodies for pointe work that every young dancer dreams of achieving. It is imperative that strength is achieved in the core, the feet and the turnout muscles to ensure correct execution of dance steps and prevent injury.

The class will consist of vocational ballet barre exercises including new advanced work (the syllabus is called Intermediate Foundation RAD and is the first of five vocational examinations), as well as floor ballet exercises to further develop their technique and strength.

The class is scheduled on Saturdays from 2.30-3.15pm.

This class is an additional supplement to the regular class (preferably twice a week at this level) and participation in the regular graded ballet class is compulsory to be admitted for vocational class. Ballet 'homework' will be expected so that they are strong. If they are unable to commit at present to full attendance and some home practice then I suggest they wait before joining, as the class is demanding and designed for the more serious dancer who wants to achieve the level of pointe work that we see in professional ballet performances. As we have just 45 minutes, the set home practice is crucial and those who do not meet the demands will be advised to withdraw from the class.

They will require a vocational uniform which is a purple RAD 'Bethany' style leotard and waist belt, as well as Demi Pointe shoes which will need ballet ribbons sewn on. The best brand for the demi pointe shoes is 'Bloch'. If you are travelling over summer please try and purchase so they can try the shoes rather than guessing the size and please note they must fit like a glove as to not inhibit their dancing. (Some people call these shoes 'soft blocks', depending which country you are in!)



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The fees for the class will be 1000.00 GHS per term (12 weeks).

If you have any questions about this class please ask and if you would like to sign up your daughter please do advise as places are limited and we have many students who are ready for this extra challenge!

Best wishes,
Ms. Libby