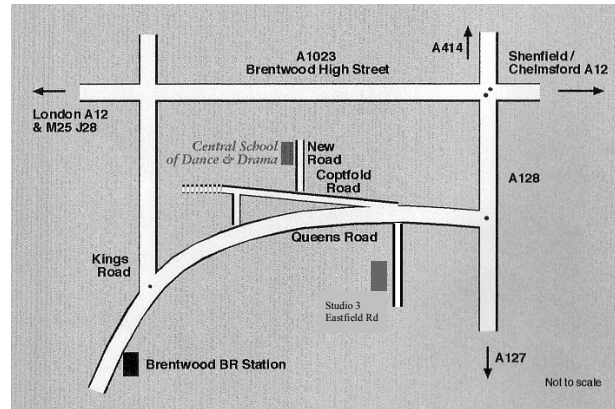


## INTENSIVE TRAINING

A specially created programme designed to benefit selected students who wish to increase their level of training from the age of 12 to 18 years whilst they continue their academic studies at school through to 'A' levels.

With the ever-increasing cost of vocational training and lack of funding available, we believe that an intensive course providing the vital disciplines would give students good prospects for auditioning.

Such an intensive programme would require dedication and determination from participants.



Further informative leaflets

Little Legs ~ Pre School Classes

Junior and Senior Classes

Innovations Dance Company

Or

visit our web site

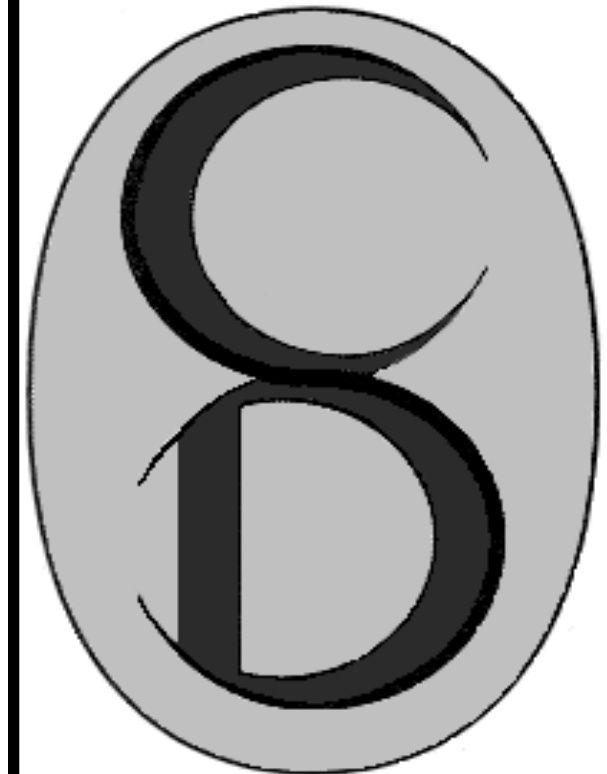
[www.centralschoolofdance.co.uk](http://www.centralschoolofdance.co.uk)

Enquiries

Mrs. Hazel Smith 01277 226777

Miss. Nicola Baines 01277 621500

## CENTRAL SCHOOL OF DANCE & DRAMA



## INTENSIVE TRAINING PROGRAMME

## BASIC WEEKLY CONTENT

to include a minimum of 9 hours

4 hours Ballet plus ¾ hour Pointe Class

1¼ hour Modern

1 hour Jazz

Limber

Body Conditioning

Tap ~ Optional

**Classes are scheduled after school and on Saturdays**

**Giving students every opportunity to reach their goals**



## BALLET

A core discipline within the programme providing the technique and strength required.

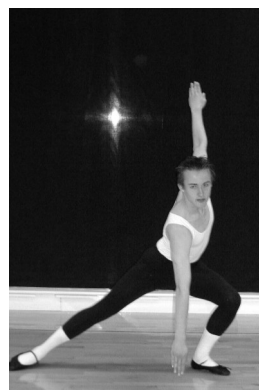


Offering R.A.D and I.S.T.D major Exams from

Intermediate Foundation to Advanced 2.

Separate Pointe Work classes are also provided.

Students are expected to attend a minimum of four hours classical training and Pointe work each week.



## MODERN

The Modern follows the well structured I.S.T.D syllabus.

Classes and exams are offered from

Intermediate Foundation to Advanced 2 Weekly classes are 1 ¼ hours and

## JAZZ

High level energy class requiring quick thinking and fast foot work.

Exploring the various styles and techniques found in jazz dance.

## LIMBER & BODY CONDITIONING

Students will be expected to attend two classes a week.

One hour LIMBER class to maximise flexibility.

One hour BODY CONDITIONING to concentrate on the strengthening of muscle groups, incorporating valuable Pilate's exercises.



## TAP

Although Tap is not a compulsory subject where possible we recommend a student continues to train through the major grades.

## DRAMA

L.A.M.D.A Drama classes are also available for interested students.

