

Do you ballet?

Royal Academy of Dance (UK) Syllabus

Dance for Life!'s Adult Ballet Syllabus

No dance background

Beginner - Introduction
10 weeks

Some dance background

Knowledge of basic positions,
posture, weight placement,
directions of the body.
Able to do sautés and relevés.

Beginner 1
10 weeks

Some dance background

Able to do demi-détournés,
relevé devant with turn.

Beginner 2
10 weeks

Some ballet background

Able to do across-the-floor single
pirouettes, jumps off one foot

Grade 3 to 5
approximately

Beginner 3
Dependent on individual
2 or more terms (10 weeks/term)

Ballet background required

Able to do extended set exercises
with technical fluency

Grade 5 to 6
approximately

Intermediate 1
Dependent on individual
2 or more terms (10 weeks/term)

Ballet background required

At least 1 year of adult ballet class
experience. Able to execute all
barre work en demi point

Intermediate Foundation

Intermediate 1
Dependent on individual
2 or more terms (10 weeks/term)

Intermediate 1
Dependent on individual
2 or more terms (10 weeks/term)

Ballet background required

Non-syllabus classes

Advanced 1 / 2
Non-syllabus class
Advanced 2 students receive
extra 20mins en-pointe class