



## Dance Classes

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### BALLET CLASSES

#### **Infant Ballet: Year R – Year 2**

- Preparing a sound base from which a technique will evolve.

#### **Junior Ballet: Year 3 – Year 5**

- To encourage correct body alignment and technique.
- To teach small dances from classical ballets.

#### **Senior Ballet: Year 5 – Sixth Form**

- Ballet technique classes.

### JAZZ CLASSES

#### **Infant Jazz/Disco Dance: Year R – Year 2**

- An introduction into modern movement styles with pop music.

#### **Junior Jazz / Disco Dance: Year 3 – Year 6**

- Choreographed steps to pop music and show music.

#### **Senior Jazz / Disco Dance: Year 7 – Sixth Form**

- Choreographed steps to pop music and show music.

### PILATES

#### **Year 7 – Sixth Form**

- Toning for body and posture awareness.
- Toning and light cardiovascular exercise.

For further details please contact the School Office on 0121 705 1265.