






Class Description and Uniform Requirements

Royal Academy of Dance (RAD) Syllabus	Leotard Colour	Pointe	Jazz	Acro/ Tumbling	Contemporary/ Lyrical	Little Dancers	Approx Ages
						Little Dancers	3-5
Pre-Primary			Pre Primary Jazz				5-6
Primary			Primary Jazz				6-7
Grade 1			Jazz 1		Lvl 1, 2, 3		7-8
Grade 2			Jazz 2		Lvl 1, 2, 3		8-9
Grade 3			Jazz 3		Lvl 1, 2, 3		9-10
Grade 4			Jazz 4		Lvl 4, 5		10-11
Grade 5		Beginner	Jazz 5		Lvl 4, 5		11-12
Intermediate Foundation	Any colour and style	Int Found	Jazz Int Found		Lvl Int Found/Int		Class Level
Intermediate	Any colour and style	Intermediate	Jazz Int-Adv2		Lvl Int Found/Int		Class Level
Advanced Foundation, Advanced Lvl 1 & 2	Any colour and style	Senior	Jazz Int-Adv2		Lvl IAdv		Class Level
	Any colour Leotard & Shorts or 5ED Crop Top & Shorts			Open			6 and up

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Little Dancers	A FUN & special time for little dancers to enjoy dance. Predominately classical with blend of jazz. Provides dancers with an opportunity to enjoy both styles of dance while developing rhythm, co-ordination, balance, memory and confidence. It will gently improve and develop their skills and technique, without stressful exams and unnecessary pressure.	3-5 yr olds	Hair up in bun, pink dance socks, MDM canvas ballet shoes, 5ED leotard & skirt available from Step by Step.
RAD (Royal Academy of Dance) Graded Students	Syllabus	Students may be invited to undertake an exam if they are participating in the required amount of classes (see below) and have reached the required level. Students may choose to do 1 ballet class a week. Please note that students doing 1 class a week will not be able to do the RAD exam class marked with an *.	5th Element Dance uniforms are available from Step by Step, 2/54 Kremzow Road, Brendale, ph 3881 1669 Please note: uniforms for exams are to be advised. Please note: - Ballet cross-over tops are not part of the 5 th Element Dance uniform and not required in class. If worn in cold weather must be same colour as leotard or black.
Pre-Primary	Syllabus class working towards an exam.	Exam requirements - 1 class per week.	Hair up in a bun, pink dance socks, MDM canvas ballet shoes, 5ED leotard & skirt from Step by Step.
Primary	Syllabus class working towards an exam.	Exam requirements - 2 classes per week.	Hair up in a bun, pink dance socks, MDM canvas ballet shoes, 5ED leotard & skirt only from Step by Step.
Grade 1	Syllabus class working towards an exam.	Exam requirements - 2 classes per week	Hair up in a bun, pink dance socks or MDM tights, MDM canvas ballet shoes, 5ED leotard
Grade 2-5	Syllabus class working towards an exam.	Exam requirements - 2 classes per week	Hair up in a bun, MDM tights, MDM canvas ballet shoes, 5ED leotard
RAD (Royal Academy of Dance) Vocational Students	Syllabus	Concerning exams: Majors are much more demanding than the grades, it may take up to two or more years to reach the required level or do well. Students may choose to do 1 ballet class a week.	Exam Uniform: Black thin strap simple style leotard, must be approved by Teacher.
Intermediate Foundation	Syllabus class working towards an exam.	Exam requirements - 2 classes & one pointe class	Hair up in a bun, MDM tights and MDM canvas ballet shoes, any colour leotard and style.
Intermediate	Syllabus class working towards an exam.	Exam requirements - 2 classes & one pointe class	Hair up in a bun, MDM tights and MDM canvas ballet shoes, any colour leotard and style.
Advanced Foundation	Syllabus class working towards an exam.	Exam requirements - 2 classes & one pointe class	Hair up in a bun, MDM tights and MDM canvas ballet shoes, any colour leotard and style.
Advanced Level 1	Syllabus class working towards an exam.	Exam requirements - 2 classes & one pointe class	Hair up in a bun, MDM tights and MDM canvas ballet shoes, any colour leotard and style.
Advanced Level 2	Syllabus class working towards an exam	Exam requirements - 2 classes & one pointe class	Hair up in a bun, MDM tights and MDM canvas ballet shoes, any colour leotard and style.
Solo Seal	Syllabus Performance	6 classical ballet classes per week + 1 hour private lesson per week	Hair up in a bun, MDM tights and MDM canvas ballet shoes, any colour leotard and style.
Pointe Beginner	Beginner Level Technique & Strength	2 ballet classes a week - A beginner's Pointe class. Students will be invited to go on Pointe when they are technically strong enough. Please note: If a beginner - when buying your Pointe shoes don't put the ribbons on them until Miss Nicole has approved them.	See corresponding class previously

Class Name	Class Description	Class Requirement	Uniform requirements
Jazz Pre-Primary Jazz Primary Jazz 1 & 2 Jazz 3, 4 & 5 Jazz Inter Found Jazz Int-Adv2	CSTD Syllabus and Open Classes. An exciting way to release energy, gets fit, and get funky at the same time. Jazz based and laced with today's latest moves classes for beginners and the experienced. *Note: includes natural endorphin rush. Increases stamina, flexibility, and strength while once again developing skill, co-ordination, balance, memory, and self-confidence. Choreography will form part of the class for group work.	Class Level depending upon student's age and ability.	Hair up in a bun, 5ED leotard and shorts corresponding to your level. Crop top may be worn under leotard if more support required. Jazz shoes: MDM camel elastabootie style (no laces)
Contemporary Lvl 1,2,3 Lvl 4,5 Inter Found/Intern Adv Contemporary/ Lyrical	Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern , jazz , lyrical and classical ballet . Contemporary dancers strive to connect the mind and the body through fluid dance movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floor work, using gravity to pull them down to the floor. This dance genre is often done in bare feet. Contemporary dance can be performed to many different styles of music.	Open Class - Class Level depending upon student's age and ability	Hair - up style, 5ED leotard and shorts corresponding to your level. Crop top may be worn under leotard if more support required. Bare feet.
Acro/Tumbling	Acro/Tumbling is a great class for current dancers and young aspiring gymnasts. No matter what your child's age or interests, he/she will benefit from Acro/Tumbling in many ways! This class focuses on developing: Balance and strength, Flexibility through the practice of proper stretching techniques, Agility, Motor coordination and body awareness. Our instructors are experts at crafting a program rich with acrobatic moves, as well as both gymnastics and dance elements suited to the skill level of each individual student.		Own colour leotard, matching lycra shorts or 5ED Crop Top and Shorts. Hair in pony tail. No shoes.
Dance Fusion (18yrs and over)	Fusion is a fitness based class comprising a mix of jazz, cabaret style/Burlesque, Hip Hop and lyrical dance. Taught by a qualified dance teacher, this class is designed to tone and increase cardiovascular fitness and flexibility as well as teach and increase dance knowledge and technique. "No Experience Needed!"		Gym wear, dance shoes or sneakers.
Eisteddfod Groups	Group eisteddfod performances and some promotional performances	By invitation only – must do 2 Ballet and 1 Jazz class, Contemporary & Acro highly desirable.	Hair up in a bun. Any style black only leotard. MDM canvas ballet shoes and MDM tights.
Student Teaching	Gain an immense understanding of just what is involved in being a great dance teacher. Most dance teachers are not introduced to this information until such time as they involve themselves in a professional course at a much later stage in their teaching career. The understanding they gain also prepares them with a deeper understanding for their own classes as dance students.		Appropriate uniform only - skirt optional

- Ⓢ **Extension classes:** ALL students may do extension classes (a class that is one level higher than their current level) in Ballet, Jazz or Contemporary, these classes will be charged as per the Pricing Structure.
- Ⓢ **Extra classes:** 5th Element students in Levels 1-5 Ballet or Jazz may do classes under their current level FREE OF CHARGE. 5th Element students in Intermediate Foundation and above may do Level 5 classes and below FREE OF CHARGE.