



# Brisbane Dance Theatre

# 2024

## INFORMATION HANDBOOK



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# Trial Lessons

At Brisbane Dance Theatre we know that the choice of dance school is a personal one. If we are lucky, we get to teach your child for many years, so to help your child decide if we are the right fit for them we offer complimentary, obligation free trial lessons.

A potential student is welcome to come and try a lesson in each dance style if they are undecided, or just the style they are interested in. The options are endless. You will find descriptions of all of our classes on pages 5 through 8.

Due to the need to keep our classes within their capacity limits, trial lessons must be booked. You can do this by emailing **[admin@brisbanedancetheatre.com.au](mailto:admin@brisbanedancetheatre.com.au)** or calling us on **0431 619 589**.

To book a trial we will need to collect the following details from you:

Childs Name

Childs Date of Birth

Details of any allergies or medical conditions your child may have

Parents Name

Parents Contact Number

Parents Email Address

# Important Dates:

## **Term Dates**

Term One - Monday 29th January to Thursday 28th March

Term Two - Monday 15th April to Saturday 22nd June

Term Three - Monday 8th July to Saturday 14th September

Term Four - Monday 30th September to Saturday 7th December

## **Dress Up Week Dates**

Term One - Monday 11th to Saturday 16th March

Term Two - Monday 27th May to Saturday 1st June

Term Three - Monday 19th to Saturday 24th August

Term Four - Monday 13th to Saturday 18th November

## **Watching Week Dates**

Term One - Friday 22nd to Thursday 28th March

Term Two - Monday 17th to Saturday 22nd June

Term Three - Monday 9th to Saturday 14th September

Term Four - No Watching Week due to the concert

## **Public Holidays - No Classes**

Friday 29th March - Good Friday

Thursday 25th April - ANZAC Day

Monday 6th May - Labour Day

Wednesday 14th August - Royal Queensland Show Day

Monday 7th October - King's Birthday

All dates are subject to change.

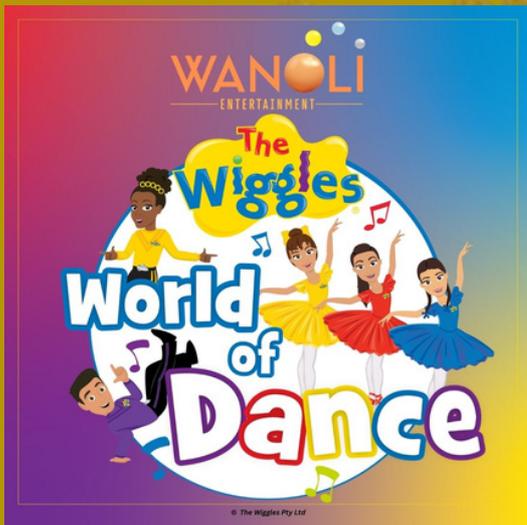


# Class Descriptions

## The Wiggles World of Dance

Developed by Industry leaders and Australian Ballet Dancers, Beautiful Ballet is a pre-introduction to our American Ballet Theatre National Training Curriculum and is a loveable dance program that aims to provide a guiding education to little ones from 12 months of age.

Read more on pages 9 & 10.



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## Jazz - 3 years and up

Jazz classes are high energy and lots of fun. Your child will learn the various Jazz techniques and styles while dancing routines to popular music.

# Classical Ballet - 5 years and up

Brisbane Dance Theatre is the only dance school in Australia certified to deliver the American Ballet Theatre National Training Curriculum.

ABT's National Training Curriculum is a program for the development and training of young students that embraces sound ballet principles and incorporates elements of the French, Italian and Russian schools of training.

More on pages 11 & 12.



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# Tap - 5 years and up

Brisbane Dance Theatre follows the CSTD syllabus. Giving our students not only the opportunity to have super amounts of fun but also to sit annual Tap Exams if they wish. Tap allows your child to learn many techniques and musical lessons that are unique only to this style of dance.



## Acrobatics - 3 years and up

Brisbane Dance Theatre follows the Acrobatic Arts Syllabus. This program is based on safe and effective progressions with proven results in 5 divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling.



Developed with input from professionals and experts in Ballet, Modern Dance, Jazz, Contortion, Artistic Gymnastics, Rhythmic Gymnastics, Sports Acrobatics, Yoga, Acro Yoga, Pilates, Physiotherapy, Hand Balancing and more, you will not find a more comprehensive program.

Simple, thoughtful progressions take the beginner preschool level dancer from log rolls and somersaults to the advanced dancer tumbling effortlessly across the stage!

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## Lyrical/Contemporary - 7 years and up

Lyrical/Contemporary Dance is an expressive dance form combining elements of classical ballet, modern dance and stretching techniques.

We have classes for children, starting from 7 years of age.



# Hip Hop - 7 years and up

Hip hop is a high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the choreography.



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## Body Conditioning - All Ages

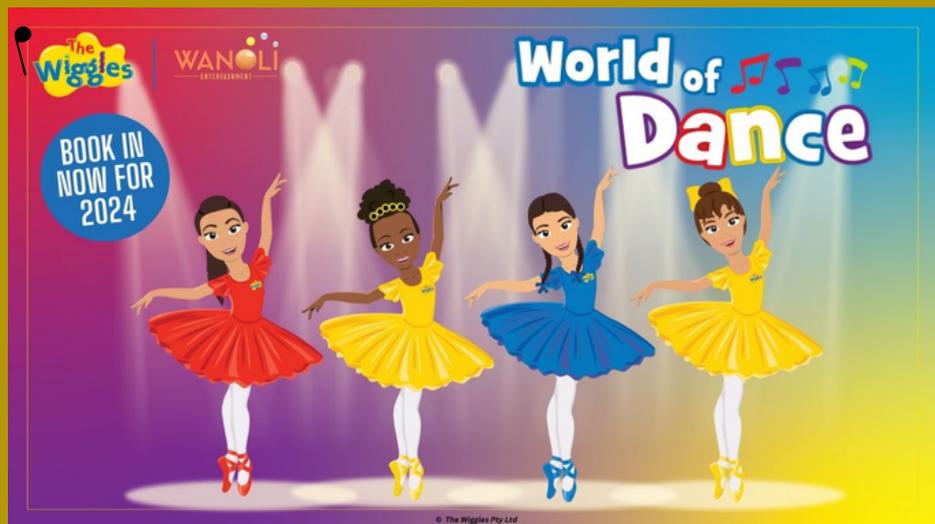
Brisbane Dance Theatre has created this one-of-a-kind class to give our students additional strength and flexibility that works hand-in-hand with all dance classes.

Body Conditioning classes will work on strength and flexibility through fun and energetic exercises in a mat class format. This program helps students to understand the depth of training muscle memory in achieving their personal best in classical ballet.

# The Wiggles World of Dance

Children are our inspiration.  
Education is our goal.  
Music and movement is our way!

*The Wiggles' guiding principals*



Brisbane Dance Theatre is so excited to announce that we have partnered with the powerhouse group that has inspired generations of children for over 30 years, to bring you The Wiggles World of Dance!

Developed by Industry leaders and Australian Ballet Dancers, Beautiful Ballet is a pre-introduction to our American Ballet Theatre National Training Curriculum and is a loveable dance program that aims to provide a guiding education to little ones from 12 months of age.

# About Beautiful Ballet

Beautiful Ballet will explore the fundamentals of ballet technique in a fun, creative and imaginative way allowing little ones to gain an understanding of ballet dance prior to beginning curriculum work.

In 2024 Brisbane Dance Theatre will be offering Beautiful Ballet classes to children 12 months to 5 years of age, Tuesday through to Saturday.

Each week will see progressive learning and understanding new components of Ballet fundamentals, steps & vocabulary. Each lesson will have an element of retaining knowledge from previous weeks through repetition and revision.

Through this incredible Wiggles World of Dance programme, parents can expect their children will achieve the following outcomes:

- Fundamentals of Ballet Technique
- Body posture & strength
- Creative movement and imagination
- Understanding body positioning, composition, and alignment
- Develop flexibility, balance & coordination.
- Fun listen and response activities
- Harness healthy relationship with their body and building confidence.
- Develop social skills and awareness.
- Positive introduction to routine and daily set up.

In addition, each student will receive a signed certificate from The Wiggles at the completion of each term.



At Brisbane Dance Theatre we want to give our students the best possible dance experience, because we all know firsthand the positive aspects dance can add to a persons life. This led us on a search for a system of training that better served our students, therefore 2023 saw the introduction of the American Ballet Theatre's National Training Curriculum.

Our new curriculum was developed by top professionals across a variety of fields, not just dance masters but medical specialists and industry leaders, drawn from the best parts of historical ballet greats, based in well researched theory, child developmental stages, and safe dance practice. The curriculum is designed not only to train dancers who are adaptable to different genres, but who fully understand and inhabit the abiding principals of strong ballet technique.

We believe this new curriculum will afford us and our dancers a greater control over our own environment and in turn greater opportunities to achieve success, individually and as a group. It also allows us, as teachers the ability to use our knowledge, experience AND creativity to create ballet levels and classes that gives us agency over our own work, to use and encourage critical thinking skills and most beneficially give our students the opportunity to really shine.

# The Examination Process

ABT Student Examinations benefit students by serving as a skill assessment to document students' progress, build their confidence, and improve their training.

Each participating student receives an individual rubric outlining his or her proficiency both technically and artistically with comments from the Examiner. Students who successfully pass the exam will also receive an official certificate listing the level of examination class they took along with their level of distinction.

Examinations include workshops with the ABT examiner, exclusive to Brisbane Dance Theatre.

In 2024, Brisbane Dance Theatre aim to present students for examinations in the following levels:

- Primary Ballet A (6 - 7 years)
- Primary Ballet B (7 - 8 years)
- Level One Ballet A (8 to 9 years)
- Level One Ballet B (9 to 11 years)
- Level Two Ballet B (11 to 12 years)
- Level Three Ballet B (13 to 14 years)
- Level Four Ballet A (14+ years)

Students in Pre-Primary Ballet will be taught the ABT NTC but will not be submitted for examinations until they have progressed to the Primary Levels.

To be eligible for an ABT NTC Examination, students must attend 2 syllabus classes per week.

Students in Level One B, Level Two, Level Three & Level Four must also attend a weekly Body Conditioning class.

Level Three & Four students are also required to attend a weekly Pointe lesson, as their curriculum includes Pointe work.

Pre Pointe Lessons will also be offered for students in Level Two.

# Tap Exams

We will once again be offering Comdance Tap Exams to all of our eligible Tap students.

The grades that will be offered this year are:

- Junior Tap - Recommended age - 6 to 8 years
- Grade One Tap - Recommended age - 7 to 9 years
- Grade Two Tap - Recommended age - 8 to 10 years
- Grade Four Tap - Recommended age - 10 to 12 years
- Grade Six Tap - Recommended age - 12 to 14 years
- Grade Seven Tap - Recommended age - 13 to 15 years

Comdance will require all exam participants 16 years and over to be double vaccinated against COVID-19 to sit a face to face exam. Students 16 years and above that choose not to be vaccinated will be offered the option of online exams. All CSTD Examiners are double vaccinated.

More information will be given to our families in regards to Tap Exams later in the year.



# Social Performance Troupe

Our Social Performance Troupe is designed for dancers 7 years and above who love dancing and would like to perform on stage more than just at our end of year concert but do not want to take on the pressures of dance competitions.

Our Social Performance Troupe dancers will be required to attend the following recreational classes in their appropriate age group:

1 x Jazz class per week

1 x Ballet or Lyrical/Contemporary class per week

1 x Acrobatics class per week

These classes and the following Friday programme will be bundled together, offering these students a discounted rate on recreational lessons.

Any additional recreational classes will be offered at a discounted rate.



In addition to the above recreational classes, our Social Performance Troupe dancers will attend an exclusive lesson on a Friday afternoon (during the school term).

This will include:

- Technique Class - focusing on high level skills such as turns, jumps & leaps
- Group Choreography Class - students will learn 2 routines to be performed at external events through out the year.

Our Social Performance Troupe will also be given Hair & Stage Make Up Workshops by an industry professional. In addition, Social Performance Troupe dancers will be invited to attend any additional workshops with guest teachers and speakers run in 2024 at a discounted rate.

Applications for our 2024 Social Performance Troupe must be made by Monday 8th January.

All successful applicants must be available on Friday 12th January from 9am to 12noon to begin learning their group routines.



# Elite Performance Troupe

2024 sees the continuation of our innovative and exciting extension program for our dancers.

Our Elite Performance Troupe is a programme designed for dedicated dancers 8 years and up, giving them specialised attention outside of recreational classes to improve their all round dance skills and technique, provide additional competition level group and solo performances and put them on a track to take their dance further, potentially into successful performing careers.

Elite Performance Troupe dancers will be required to attend a minimum of 5 recreational lessons per week in their appropriate age group. Elite Performance Troupe students must attend:

1 x Ballet class per week

1 x Jazz class per week

1 x Lyrical/Contemporary class per week

In addition, dancers can choose 2 additional weekly classes out of the following options:

Acrobatics, Hip Hop or Tap

Dancers may also opt to attend an additional Ballet class in the level above their current examination level. This is a perfect option for dancers with aspirations for a career in Ballet.

This option is only offered to students who are already enrolled in 2 Ballet classes a week, and are participating in a Ballet Examination in 2024.

Elite Performance Troupe dancers will also be required to learn and perform one Solo in the dance style of their choice, which is to be performed at a minimum of two eisteddfods through out the year.



In addition to the previously mentioned recreational lessons, our Elite Performance Troupe Programme will attend an exclusive lesson on a Friday afternoon (during the school term).

This will include:

- Body Conditioning Class - focusing on strength building and increasing flexibility
- Technique Class - focusing on high level skills such as turns, jumps & leaps
- Competition Choreography - students will learn 2 - 3 group routines which are to be performed at eisteddfods and events through-out the year
- Workshops with Guest Teachers - one workshop will be offered per term
- Solo Routine Rehearsal - with the choreographer of their routine.

If that was not enough, our Elite Performance Troupe Dancers will also be given Hair & Stage Make Up Workshops and an Audition Techniques & Mock Audition Workshop by an industry professional.

The required recreational classes, one solo routine and the exclusive Friday programme will be bundled together, offering these students a discounted rate on recreational lessons. Any additional recreational classes will be offered at a discounted rate.

Applications for our 2024 Elite Performance Troupe must be made by Monday 8th January 2024.

Successful applicants must be available on the 11th & 12th of January for a Performance Troupe Intensive.

# Private Coaching

All of our Brisbane Dance Theatre teachers are available for private coaching in 2024. These lessons can be used to improve our students technique, prepare for exams or work on eisteddfod solos. Students can book in for a 15, 30, 45 or 60 minute private lesson. We suggest that to get the most out of these lessons, private lessons should be attended either on a weekly or fortnightly basis.

Please note that our regular dance classes take precedent over private lessons and can only be scheduled in the available time slots in our 2024 timetable. Please visit our website to view our 2024 timetable.

Private lessons can be attended during school hours.

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## Solo Duos/Trios

We will continue to offer Solos, Duos and Trios to all Brisbane Dance Theatre students.

A solo is a dance created for each individual student to be performed at eisteddfods and competitions. Solos can be performed in any dance style and can be used for a maximum of two years.

Our Solo/Duo/Trio information handbook can be sent to you upon request.

All students wishing to perform a solo, duo or trio in 2024 must have their interest registered with us by Friday 12th January.

# Uniforms

Please note that all of our uniforms are made to order. Orders can take 4 - 6 weeks.

## Wiggles World of Dance

### Beautiful Ballet (girls)

- Wiggles World of Dance Leotard with attached skirt
- Pink Ballet Tights or Pink Ballet Socks
- Pink Ballet Shoes

### Beautiful Ballet (boys)

- Wiggles World of Dance T-Shirt
- Wiggles World of Dance Shorts
- Black Socks
- Black Ballet Shoes

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## Ballet

### Pre-Primary Ballet

- White Thin Strapped Leotard
- Rainbow Ballet Circle Skirt
- Pink Ballet Tights or Pink Ballet Socks
- Pink Ballet Shoes

### Primary Ballet

- White Thin Strapped Leotard
- Hot Pink Ballet Circle Skirt
- Pink Ballet Tights or Pink Ballet Socks
- Pink Ballet Shoes

## Level One Ballet

- Navy Thin Strapped Leotard
- Pale Pink Ballet Circle Skirt
- Pink Ballet Tights or Pink Ballet Socks
- Pink Ballet Shoes

## Level Three Ballet

- Black Thin Strapped Leotard
- Black Faux Wrap Ballet Skirt (for pointe work)
- Pink Ballet Tights
- Pink Ballet Shoes
- Pink Pointe Shoes

## Level Two Ballet

- Navy Thin Strapped Leotard
- Purple Faux Wrap Ballet Skirt (for pre-pointe work)
- Pink Ballet Tights
- Pink Ballet Shoes

## Level Four Ballet

- Black Thin Strapped Leotard
- Black Faux Wrap Ballet Skirt (for pointe work)
- Pink Ballet Tights
- Pink Ballet Shoes
- Pink Pointe Shoes

## Boys - Ballet

- White Cotton Lycra Singlet or Leotard (with or without sleeves)
- Black Stirrup Tights
- Black Socks
- Black Ballet Shoes



## All other dance styles:

Brisbane Dance Theatre does not have a compulsory uniform for Jazz, Tap, Contemporary, Hip Hop, Acrobatics and Body Conditioning.

We do offer a range BDT Leotards, Bike Pants, Leggings and Crop Tops that can be ordered for you child.

Please see the shoe requirements for each dance style below:

**Jazz (girls)** - Tan Jazz Shoes

**Jazz (boys)** - Black Jazz Shoes

**Tap** - Tan Heeled Tap Shoes (girls only) or Black Lace Up Tap Shoes

**Contemporary** - Bare Feet or Toe Thongs

**Acrobatics & Body Conditioning** - Bare Feet

**Hip Hop** - Street Shoes or Sneakers



# Social Performance Troupe

## Girls

- Black & White Performance Troupe Tank Top
- BDT Bike Pants or Leggings
- Tan Jazz Shoes
- Black Jazz Shoes
- Toe Thongs (optional)
- Performance Troupe Jacket (optional)

## Boys

- Black Performance Troupe T-Shirt
- Black BDT Leggings or Shorts (boys design)
- Black Jazz Shoes
- Toe Thongs (optional)
- Performance Troupe Jacket (optional)



# Elite Performance Troupe

## Girls

- Black & White Performance Troupe Tank Top
- BDT Bike Pants or Leggings
- Tan Jazz Shoes
- Black Jazz Shoes
- Pink Ballet Shoes
- Toe Thongs (optional)
- Performance Troupe Jacket

## Boys

- Black Performance Troupe T-Shirt
- Black BDT Leggings or Shorts (boys design)
- Black Jazz Shoes
- Black Ballet Shoes
- Toe Thongs (optional)
- Performance Troupe Jacket



We look forward to  
welcoming you into the  
BDT family in 2024



Miss Sally & The Brisbane Dance Theatre Team

[www.brisbanedancetheatre.com.au](http://www.brisbanedancetheatre.com.au)

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