

Dance

The Dance specialism is delivered by experienced and passionate dancers and includes 7½ hours of technical training and practice per week.



COURSE DETAILS 2024

Centre: Clayesmore

Course: Artists of the future

Ages: 11-17yrs

Dance Levels:

Elementary
Intermediate
Advanced

Dance Styles:

Contemporary
Hip-hop
Ballet
Jazz

Coaching Ratio: 1:10

Coaching Time:

7½ hours p/w

Days:

Mon, Tues, Wed, Thurs, Fri

Times: 15:00-16:30

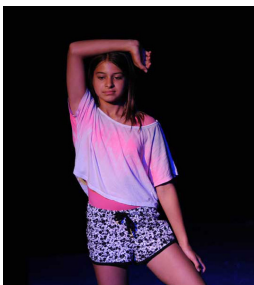
OBJECTIVES

- Learn different styles of dance
- Develop technical abilities such as rhythm, timing, control, posture, balance and flexibility
- Improve spatial awareness and the ability to collaborate with others in group performance
- Understand and apply injury prevention techniques
- Understand the impact of nutrition on performance
- Establish individual performance goals

OTHER BENEFITS

- Expand dance-related vocabulary
- Improve fitness, stamina, agility, strength and tone
- Develop 21C skills: creativity, communication, collaboration and critical-thinking
- Improve problem-solving skills
- Improve self-confidence

“Develop technical abilities such as rhythm, timing, control, posture, balance, and flexibility.”



TECHNICAL TRAINING:

Technical training forms the core part of the Dance Specialism and takes place in a purpose-built studio on campus.

Sessions involve conditioning, developing a range of different dance styles (contemporary, hip-hop, ballet and jazz), technical dance ability, choreography, and performance practice.

This specialism is performance-driven and ends in a spectacular show allowing students to showcase their work in front of an audience.

INJURY PREVENTION WORKSHOP:

Sessions start with a warmup which includes fitness, flexibility training and useful tips on how to prevent common dance injuries.

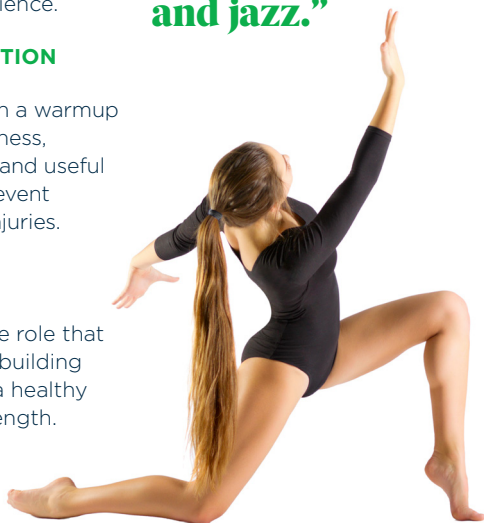
NUTRITION:

Sessions include understanding the role that nutrition plays in building and maintaining a healthy heart, muscle strength.

WHAT TO BRING

- Leggings
- Loose trousers/tracksuit bottoms
- Shorts
- Dance shoes
- Clean trainers

“Technical training involves a range of different dance styles including contemporary, hip-hop, ballet and jazz.”



For all enquiries and to apply, please contact British Summer School:

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