

A large, horizontal, teal-colored brushstroke with a textured, painterly appearance, serving as a background for the main title.

Ballet
Academy
Cymru

Young Dancer
Programme
2022 - 2023

The BAC Young Dancer programme aims to provide the committed young ballet dancer, who perhaps aspires to follow a professional pathway, access to high-quality coaching.

Having a proven track record of nurturing students who have gained places at top UK Ballet and Theatre Arts schools, we want to provide more opportunities for students to work with us and help bridge the gap between their potential and achieving their dreams. The Young Dancer programme is aimed to run alongside a dancer's current training, providing the extra coaching they need to succeed.

We are very proud to be working alongside some of the best dancers & teachers in the country, including Laetitia Lo Sardo, former first Soloist at Birmingham Royal Ballet, whose previous teaching has seen her coaching students at Elmhurst Ballet School, among many other prestigious appointments.

Focus & Attention

The focus is on developing the foundations of strong classical ballet technique in our dancers, maximising their potential whilst teaching them how to care for their bodies and move safely.

The contents of the programme are tailor-made to fit the students who are taking part: group sizes are kept deliberately small, allowing the young dancer to benefit from lots of attention and care.

Structure

The 9-session programme runs at monthly intervals, mirroring the academic year. The dates for 2022 – 2023 are as follows:

- 25th September
- 23rd October
- 27th November
- 29th January
- 26th February
- 26th March
- 30th April
- 25th June
- 23rd July

Each session will last 2 ½ hours (2 hours for juniors) and will include a selection of the following:

- A non-syllabus classical ballet class – every session
- Pilates for dancers – every session
- Pointe work / Virtuosity
- Repertoire study
- Creative sessions

The programme is split into three separate sections: dancers will usually be placed into the group for their age, but the final placement depends upon the dancer's skill level.

The sections are:

- Junior Dancers – usually school years 4-6 or up to RAD Grade 3 standard
- Mid Dancers – usually school years 7-9 or up to RAD Grade 5 / Vocational Intermediate Foundation standard
- Senior Dancers – usually school years 10+ or RAD Grade 6+ / Vocational Intermediate standard

Venue

The venue for all sessions will be St Nicholas Community Hall, St Nicholas Road, Barry:

<https://goo.gl/maps/3JBpoCoUWBrbVrGx5>

Auditions

The live audition date has passed, but we are accepting video submissions until 31st July.

The video submission can be from an exam, a class, a performance, or simply them presenting their favourite exercises filmed in your own home. It does not need to be professional quality- footage taken on your phone is more than acceptable. We are looking for talent that we can nurture: we live by the maxim that hard work beats talent when talent doesn't work hard.

To apply, please complete the google form linked [here](#). Applicants will also need to send a photo and provide a link to their chosen video. It does not need to be a ballet photo – this is simply for reference and so that we can recognise each dancer when they attend their audition. Payment of £15 per dancer should be made to the following account:

Account name: Ballet Academy Cymru

Sort Code: 309897

Account Number: 59642563

Use your dancer's name as the reference, please. Payment must be made before your dancer's place in the audition class can be guaranteed.

Costs

The complete Young Dancer programme will cost £250, with a deposit of £25 payable once a dancer has accepted their place. Payment can be made either as a lump sum before the start of the programme or by instalments by prior arrangement.

Uniform – all dancers will be expected to purchase the required uniform, which BAC will provide at a cost of £75

Pilates equipment – your dancer will also be expected to have specific equipment for Pilates sessions. The cost of this is likely to be no more than £50.

We are determined that no dancer should miss out on opportunities because of lack of family means to pay: if costs will be a barrier to your dancer taking part, please let us know and we can discuss means-tested bursaries and scholarships with you.