



BALLET ACADEMY
CYMRU

Young Dancer Programme

2024

About Us

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.

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 7-session programme runs at monthly intervals, mirroring the academic year. The dates for 2024 are as follows:

- 28th January
- 25th February
- 24th March
- 28th April
- 26th May
- 23rd June
- 21st July – Open Class and Presentation of Work (recital)

YDP Sections:

The programme is split into three sections: dancers will be placed into the section that best suits their skill level.

The sections are:

- Mini Dancers : (usually 5-7 years)
- Junior Dancers: (usually 8-11 years)
- Mid Dancers – (usually 12- 15 years)

If an additional Junior class is required, the times may be subject to change for the mid group.



Sessions vary in length depending on the section dancers are in. Current session times are as follows:

Section	Session Length	Start Time	Finish Time
Minis	1.5 hours	9:30am	11am
Juniors	2 hours	11am	1:30pm
Mid	Tbc	Tbc	Tbc

Each session will include the following:

- A non-syllabus classical ballet class – every session
- Contemporary – Rambert Grades syllabus – every session – students will have the opportunity to take Rambert Grades exams as appropriate. For more information on Rambert Grades, please see : <https://www.rambertgrades.com/vision>
- Body conditioning – every session
- Repertoire Study

Sessions may also include:

- Pointe work / Virtuosity
- Creative sessions

Venue

The venue for all sessions will be Rubicon Dance , Nora Street , Cardiff, CF24 1ND.

Auditions

Auditions will be held in person on 28th January 2024 at Rubicon Dance in Cardiff (CF24 1ND) . There will be 2 audition classes, and dancers will be split into specific classes depending on their age and level of ballet. The mini class will be from 9:30am-11am . And the junior and mid class will be combined at 11am-1:30pm .

To apply for an audition please email : youngdancerprogramme@outlook.com

Applicants will also need to send a photo. It does not need to be a ballet photo: this is simply for reference so we can recognise each dancer when they attend their audition.

The cost of the audition is £15.

Please make payment to the following account.

Account name: Mrs Nicola Peros

Sort Code: 309052

Account Number: 33663968

Use your dancer's name as the reference, please. Payment must be made before your dancer's audition can be considered.

The closing date for audition applications is Saturday 25th November.

Payment

Your dancer's place, once awarded, must be secured by payment of a deposit of £50 (if uniform is not needed) or £125 if uniform is required. This deposit must be paid before the first session. The remaining balance must then be paid before the end of the term. Payments by instalments can be arranged, by prior arrangement.

Scholarships

The school offers a number of performance scholarships each year. These cover the cost of tuition but do not cover uniform or PBT equipment hire.

They will be awarded automatically following the first session of YDP and will be based entirely on a student's potential.

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

Costs

Section	Session Length	Cost
Minis	1.5 hours	£125
Juniors	2 hours	£150
Mid	Tbc	£200

A uniform and equipment hire cost of £75 will also be required for any new students. This will include a leotard and a sweatshirt. This will need to be payed after acceptance of place.