



OPEN DIVISION INFORMATION PACK



Hi,

Thank you for your interest in Simply Ballet. We are honoured that you would consider letting us help you take your first, or next steps on your ballet journey. We will help you move to beautiful music, challenge yourself, and find the fulfillment you always dreamed of.

Did you know - Simply Ballet was originally created for adults who wanted to learn ballet? Simple.

Founded in 2011, Simply Ballet came about when a group of friends struggled to find a ballet class where they felt at home. Adult classes seemed to be an afterthought for dance schools and were not taken seriously by most. What they wanted were classes where they could steadily improve their technique, learn with purpose, and feel like they were achieving.

Simply Ballet was created to fill this void. Since then, Simply Ballet has grown to offer a variety of levels and courses to suit all kinds of learners, though – we still have a special spot for adult ballet. So, I look forward to dancing with you!

Sincerely,

Helen Cooper
Director
Simply Ballet

PS. You're never too old, too unfit, or too uncoordinated to do ballet. I promise. xx



What is “Open Division”?

Open Division is the name we use to cover the classes that we offer to adult students. Our range of adult classes are designed to suit wherever you are at on your ballet journey - from just beginning, to the experienced dancer.

Open Division classes are designed specifically for adults and their needs, including the ability to be flexible – this is what makes Simply Ballet different:

- Our Open Division classes are designed for adult brains and bodies
- Lessons are structured to carefully build technique and understanding over time
- Feedback is given to help all dancers learn
- Payment options are tailored to suit an adult lifestyle
- Classes run all year - not just during school terms
- You can learn among people just like yourself



In fact, in every way Simply Ballet tries to be there for you as an adult learner.

Having a goal and a sense of achievement as your ballet journey progresses is a big part of our philosophy and as such, Examinations and Class Awards can be undertaken through the Royal Academy of Dance. Through this experience, many adult students have found a sense of accomplishment and self-satisfaction in their studies of Classical Ballet.



Open Division students are also welcome to take part in our End of Year concert. That said – if you break into a sweat at the thought of a pop-quiz or being onstage then don't worry! Performances and Assessments are not compulsory and will not affect you being able to participate in classes.

Basically, we understand people have different wants and goals, and that sometimes life happens.

We are here to help and guide you along your own ballet journey – whatever road you choose to take.

Ballet Classes

We aim to accommodate you at the correct level for the training you have previously done (or not done!). We currently offer the following levels;

Introduction to Ballet

- Introduction to Ballet is designed to teach you the absolute basics of ballet from scratch.
- Specifically created so you feel confident from the first time you step into the studio.

Level 1

- For those who have mastered our Introduction to Ballet classes, or those with around 6-18 months previous ballet experience.
- This level covers basic ballet positions and vocabulary, and establishes the concepts required to progress further such as spotting and linking steps.



Level 2

- Building on the skills learned in Level 1, this level extends your technique and challenges your growing skills.
- This level introduces concepts such as pirouettes and more complex allegro.
- It is also a great level to return at if you have 2+ years experience dancing as a child.

When?	Introduction to Ballet	Wednesday	7:30-8:45pm
		Saturday	3:30-4:45pm
	Level 1	Tuesday	7:45-9:00pm
		Thursday	8:00-9:15pm
	Level 2	Monday	8:00-9:15pm
	Level 2/3	Thursday	6:45-8:00pm (Level 2/3)
Cost?	From \$23.50 per class*		

**Based on a month-to-month booking for 75min class.*

Ballet Classes contd...

Level 3

- Suited to those who have trained to an RAD Intermediate level and have been dancing regularly.
- Level 3 further develops more complex skills, musicality, and artistry.



Level 4

- For experienced dancers who have been dancing at a high level regularly in recent times.
- Students at this level may also like to try Discovering Repertoire Level 4



Pointe

- Basic pointework technique class for those already on pointe.
- Can be taken by any student on demi-pointe as part of pre-pointe training
- Level 3 and 4 classes may also be taken en pointe if the required strength and technique can be demonstrated

Please note; Levels 3, 4, and Pointe are only open to approved students. If you think you may wish to participate in these levels, please contact us to arrange a technique assessment.

When?

Level 2/3
Level 3
Level 3/4
Pointe Level 3+

Thursday 6:45-8:00pm
Tuesdays 6:00-7:15pm
Monday 6:15-7:30pm
Monday 7:30-8:00pm

Cost?

From \$23.50 per class*

**Based on a month-to-month booking for 75min class.*

Silver Swans



For Ages 55+ (or thereabouts....)

Release your inner Swan! You are never too old for the joy and grace that is Classical Ballet.

Our Silver Swans ballet classes are ballet-based lessons designed for older learners. Dance your way to health and happiness with others just like you in a creative environment.

Licensed and experienced teachers mean you're in safe hands and classes are an opportunity to have fun and enjoy the sense of wellbeing that dance brings in a social setting.

Although targeted at those aged over 55, there is no upper or lower age limit to be a *Silver Swan*.

Classes are carefully considered and constructed to help you improve and maintain mobility and balance, flexibility, posture, co-ordination, and to stay active. Exercises can be adapted to suit your own level of fitness and confidence. Accompanied by beautiful music, they stimulate the mind and body.

What better way to get out, be social, and develop new skills with movement and music to keep you active.



When? **Tuesday** **10:15-11:30am**
Saturday **3:30-4:45pm (Combined with Intro to Ballet class)**

Cost? **From \$23.50 per class***

**Based on a month-to-month booking for 75min class.*

Ballet Classes Summary

Level	Previous Training	Description	Class Times
Intro To Ballet	None	Learn the basics step by step from the start	Wednesday 7:30-8:45pm Saturday 3:30-4:45pm
Silver Swans	None	Mature learners looking for a gentler class	Tuesday 10:15-11:30am Saturday 3:30-4:45pm <i>(Combined with Intro to Ballet)</i>
Level 1	6+ months to 2 years	For those who have mastered Intro to Ballet, or are returning after a long break	Tuesday 7:45-9:00pm Thursday 8:00-9:15pm
Level 2	2-4 years	Great for progressing your technique or for those returning who danced at a high level as a child	Monday 8:00-9:15pm Thursday 6:45-8:00pm <i>(Combined 2/3)</i>
Level 3	4-6 years and dancing recently (Min RAD Intermediate Level)	More complicated classes for those who have achieved Level 2 standard and been dancing recently.	Monday 6:15-7:30pm <i>(Combined 3/ 4)</i> Tuesday 6:00-7:15pm Thursdays 6:45-8:00pm <i>(Combined 2/3)</i>
Level 4	Advanced or Vocational Training	Our most advanced level for those who trained at an Advanced level and have been dancing recently.	Monday 6:15-7:30pm
Pointe	Min 2 yrs training, complete pre-pointe training and taking Level 2+ classes regularly	Please enquire directly about this class	Monday 7:30-8:00pm
Body Conditioning	None	Great add on to your regular ballet classes.	Tuesdays 7:15-7:45pm Saturdays 3:30-4:00pm
Contemporary	6+ months	Complimentary style to ballet	Wednesdays 6:30-7:30pm
Tap	None	Complimentary style to ballet	Fridays 6:15-7:15pm

End of Year Concert

Our End of Year Concert is the most exciting time of the year at Simply Ballet!

This is everyone's chance to shine and show off their hard work – and doing it in a beautiful costume in front of family and friends just adds to the joy.

We encourage all our students and families, no matter how young or old to consider being a part of this exciting and rewarding event in some way – as a performer or just coming to watch the show.

Participation is optional and is covered by a separate concert fee which includes everything required to be a part of the show.



You'll perform in a theatre with stage lights, music, and a live audience - there's even an online stream of the show for friends and family who can't be there on the day.

Our End of Year Concert is usually held in mid to late November and is a chance to cement friendships and discover the thrill of performing.

Contemporary

We don't just offer ballet! Contemporary dance is based on classical ballet technique, but with a more free-flowing and dynamic movement style. You'll learn to move, twist, and turn to express emotion and mood through movement. Floor work and partner work is also involved.

When?

Wednesdays 6:30-7:30pm



Tap

Whether it's Fred Astair, Tap Pack, or The Rockettes, Tap is an exciting and rhythmical compliment to ballet training. Building musicality, confidence, and fitness, tapping can bring a new and exciting form of expression to students. Comdance Tap Examinations are available as an option.

When?

Fridays 6:15-7:15pm



Body Conditioning

Progressing Ballet Technique (PBT)

This ballet specific program uses fitballs and resistance bands to train “muscle memory” for ballet technique.

The program targets the key areas of technique required for ballet – core, turnout, foot and arm strength, and jumping.

Most exercises are done in a non-weight bearing state and can be adapted to your own fitness level. Exercises are set to music to help develop musicality and artistry.



When? **Progressing Ballet Technique** **Tuesdays 7:15-7:45pm**
Saturday 3:00-3:30pm

Cost? **From \$12.70 per class***

Pre-Pointe and Pointe

The dream of many young dancers is to stand on the tips of their toes in satin pointe shoes. We aim to make those dreams come true - even for adults, in a safe and steady manner.

Pre-Pointe Training

Minimum requirements - completion of Level 1/RAD Grade 4 required to begin pre-pointe

To begin pre-pointe training students must have completed at least 2 years of ballet and be dancing regularly in a Level 2 or above class. We then use a tailored program to prepare students with an advanced system of assessing and developing the strength and technique required for pointe work. Strict criteria take the subjectivity out of the decision and helps enable the transition onto pointe with optimal strength and control, and a reduced risk of injuries.

Pointe class

Students currently dancing on pointe can participate in regular pointe classes or choose to take class en pointe if adequate technique can be demonstrated. Some classes will include elements of pointe work, just ask what might be suitable for you.



Royal Academy of Dance

Examinations and Assessments

Having a goal and a sense of achievement as your ballet journey progresses is a big part of our philosophy and as such, Examinations and Class Awards can be undertaken through the Royal Academy of Dance. Through this experience, many adult students have found a sense of accomplishment and self-satisfaction in their studies of Classical Ballet.

Assessments should not be stressful, anxiety inducing, or onerous. Rather, they should be exciting, satisfying and rewarding for all students. Our aim is to help students reach goals and enjoy the process of getting there. Assessments also help build self-confidence, motivation, and offer internationally recognised qualifications in dance.

Assessments are optional and do not change your ability to participate in classes.



There are two options available.

Class Award

Candidates, assisted by their teacher, present a selection of class exercises and a dance to an examiner.

Class Awards are an excellent way for students to gain an insight into their progress, and receiving a report, certificate, and medal, bringing a well-earned sense of achievement to their studies.

Examination

Candidates undertaking an Examination are assessed by a RAD Examiner against a set of pre-determined criteria across the areas of technique, music, and performance. Students receive a mark out of 100, certificate, and medal as well as an internationally recognised qualification, but more importantly – a sense of achievement and accomplishment.

There are separate charges from the RAD for all assessments undertaken. Students wishing to sit for an Examination must attend a minimum of two classes per week on a regular basis. Examination students may also need to participate in weekend workshops for exam preparation. Costings and details of these are available in April/May.

Booking Options

We get that adults need flexibility. At Simply Ballet, you have the freedom to attend how and when you want (subject to class numbers and availability).

To give you the most amount of flexibility, we offer two different booking options;

A) Month-to-Month-PLUS (M2M+)

How does it work?

- You have direct debit authorisation setup on your account
- You have at least 1 x ongoing weekly class on month-to-month enrolment
- Book and attend any extra classes you want as you go

You can change your classes each month, and if you miss class for any reason – you can make it up anytime within 12 weeks. Going on holidays? No dramas, just put your booking on hold and restart when you get back.

Classes are billed monthly dependent on what you've booked. This is not a contract or a membership so you can alter your classes each month – just let us know!*

B) Class Packs

How does it work?

- Pre-purchase a 5 or 10 class pack
- Book and attend whatever classes you want, whenever you want
- Get a saving by purchasing in bulk
- Class Packs are valid for 6 months from date of issue.



*Terms & Conditions apply, changes to classes require 2 weeks' written notice before your next billing period.

Class Costs

Option A Month-to-Month Booking	
Total class time per week	\$/Per Week (Billed monthly)
60min	\$ 19.90
75 min	\$ 23.50
90 min	\$ 27.00
1 hour 45 min	\$ 30.50
2 hours	\$ 34.00
2 hours 15 min	\$ 37.50
2 hours 30 min	\$ 40.90
2 hours 45 min	\$ 44.30
3 hours	\$ 47.70
Over 3 hours	See full fee schedule

OR

Option B Class Pack	
75 min Class Packs Any class, Any day, Any time	
(Valid for 6 months)	
5 classes	\$147
10 classes	\$259

How does Month-to-Month-PLUS work?

Classes are billed based on total hours per week as booked at the start of each month

For example:

2 x 75min classes = 2.5 hours per week = \$40.90 p/week

Or

1 x 30min class + 2 x 75min class = 3 hours p/week = \$47.70

Extra classes are then charged at individual rates

Book a Trial Class

We would love you to come and take a trial class at Simply Ballet so you can experience being part of our dancing family. There's no obligation so what do you have to lose?

[Book a trial class online here](#)

There is no obligation, and it's as easy as 1-2-3!

- 1) Schedule your trial class at the appropriate level, and we'll send you details of how to find the studio, what you should bring, and what you should wear. The day before, we'll send you a reminder text.
- 2) At your trial class, the teacher will introduce themselves and give you some basic information about the class. It's ok if you feel a bit nervous, we understand!
- 3) After class, your teacher can answer any quick questions you may have, but we will follow-up in the next few days to find out how everything went and discuss your next steps in detail

We are always available before or after your trial class on the phone or email to help. Don't be afraid to get in touch if you have a question.

Jump online and [book your trial class now!](#)

We look forward to meeting you soon.

Kind regards,
The Simply Ballet Team



About Simply Ballet

Our Vision

To Educate and Inspire

Our Mission

To provide excellence in training and service to students of all ages with a genuine interest in the study of Classical Ballet while celebrating personal achievement, providing opportunity to develop, and cultivate a culture of respect.

Our Values

1) Excellence in Everything

Simply Ballet will provide excellence in training for students, teachers, and staff, in culture and atmosphere, and the client experience.

2) Celebrate Achievement

Simply Ballet will celebrate that students can achieve their own individual goals. Achievement will be valued over results and marks, acknowledging the value of the learning process.

3) Provide Opportunity

Dance training should be at the choice of the student and appropriate to the amount of commitment. Simply Ballet will provide adaptable opportunities for clients to participate in proportion to their amount of commitment, and training solutions may be flexible to suit personal circumstances and preferences.

4) Love of Ballet

Simply Ballet will encourage a love for the art of classical ballet in all students, staff, teachers, and parents involved in the studio. This includes respect for the art of classical ballet, for self, and for other students, staff, teachers, and parents across the board.

ⁱ Please note that our standard Enrolment Terms and Conditions apply to trial class bookings. By attending class, you accept these Terms and Conditions available at <https://simplyballet.com.au/policies/>