



## Little Lynden

Little Lynden offers infants the opportunity to learn the basic fundamentals of ballet, modern jazz, musical mime and tap. The classes help to develop fine and gross motor skills and cultivate imagination, creativity and social development in a safe and caring environment.

From 18 months, children are introduced to dance at our Little Tiptoes classes, with the practical support and reassurance of their parents or carer until they build more self-confidence and progress to our Little Tots class and participate independently.

## Little Tiptoes

This class is a 45 minute class for preschool children from approximately 18 months who want to dance with Mummy, Daddy or their carer. It is a gentle introduction to dance covering very basic ballet, modern, musical mime, action songs and creative movement.

### **Parent/carers Role**

Parents/carers participate with their child at all times.

### **Little Tiptoes Awards**

Children are issued with sticker cards when they first join the class. They collect stickers each week and when they reach each milestone they are awarded with a certificate and a special award sticker.

## Little Tots

This is a slightly more advanced class for children aged from 2½ (minimum) up to approximately 5 years old, who are confident to stay without a parent or carer. The class encourages expression and co-ordination through movement and dance, and covers ballet, tap, modern/jazz and musical mime.

### **Musical Mime Medals**

In this class the children are entered regularly for medal tests in musical mime. The tests for this age group are very simple and well within a young child's ability. They are an excellent way to build confidence and get the children used to the structure of the more formal dance examinations which they work towards when they are older. We aim to hold at least two Medal Test/Exam sessions twice a year which take place outside of normal class time.

The children are not marked on technique; they are marked on expression and interpretation and their ability to follow simple instruction. The children are awarded with a medal and a report from the examiner on the day and will later receive a certificate from the British Theatre Dance Association (BTDA).

***Please note that although the Musical Mime tests are encouraged, they are certainly not mandatory and the children may progress to the next level without taking them.***



## Combined Graded Classes

To encourage the best possible all round dance education and experience we offer the three core dance disciplines; Classical Ballet, Modern Jazz and Tap as one combined package. We feel that for dancers to get the most from Lynden, it is important that they are versatile and have sound, all round dance technique, elegance and strength. This course offers dancers the scope to study several dance disciplines enabling them to develop a comprehensive understanding of dance and performance providing them with a firm foundation of technique that can be progressively built upon.

Although the graded classes cover some non-syllabus performance work, flexibility and strengthening exercises they mostly focus on following the British Theatre Dance Association (BTDA) syllabus with the aim of taking BTDA examinations.

***Examinations are encouraged but are not mandatory and students can progress to higher levels without taking them.***

For further information on general graded examinations, please view the Graded Examination document on our website.

BTDA Programmes lead to regulated qualifications through the Graded Qualification Alliance which is an OFQAL Accredited Awarding Organisation. BTDA is a member of Dance UK, one of the leading Dance Organisations in the United Kingdom and its programmes have been validated by The Council for Dance Education and Training (CDET) for more than 20 years.

All qualifications gained through BTDA are recognised by the Qualifications and Curriculum Authority. Higher Examinations are equivalent to the skills and understanding at GCSE and A level standard. Further information on Examinations see our web site.

### Classical Ballet

Classical Ballet is a specifically technical, classical dance art that is disciplined and focuses on developing, strength, grace, fitnesses and expression. Emphasis is placed on developing flexibility and strengthening the legs, feet, and body core. Ballet forms the basis for most other dance genres and compliments other physical activities such as gymnastics and ice skating.

### Modern Jazz

This dance discipline is practiced in many different styles such as Cabaret, Musical Theatre and Commercial. Movements focus on controlled turns, leaps, and kicks integrated into choreography that demands energy and personality.

### Tap

Characterized by the tapping sound that tap shoes make, tap is a rhythmic form of dance where dancers use their feet as their music. Tap can be set to music or danced acapella.



## Contemporary Dance

Open to dancers aged 10 years and over.

An hour long class including technique strengthening exercises, right through to stylistic performance phrases. Using the release technique as a basis, students can explore their own expression in their movement, whilst being challenged in a fun and energetic class.

Lynden is currently one of very few dance schools in the South to offer graded examinations in Contemporary Dance. We follow the ID Dance syllabus which is a relatively new dance association that has been created by professionals and is an inspiring syllabus infusing new techniques that embody old traditions encouraging individuality and trains students to become the best that they can be.

There are many methods to training in contemporary dance, through following the course many of the components from these methods are taught - Release, fall and recovery, direction changes, isolations, core strengthening, connecting with the floor and improvisation.

Each Grade has been designed to build a solid technique from set exercises to enable students to dance new, challenging and inspiring choreography.

As the UK's most up-coming dance style used by most choreographers, contemporary dance training is a major component that all dancers should attain for their future.

Examinations are encouraged but are not mandatory and students can progress to higher levels without taking them.



## Medal Classes

The medal classes are open to all of our dancers who take the Combined graded classes. In the medal classes dancers learn solo, duet or trio routines to perform at Medal Tests.

Candidates perform their routines in costume and stage make-up in front of an independent dance examiner and a small audience of family and friends, and if successful, they receive their award, certificate and a report sheet with comments from the examiner. There are 15 levels for candidates to progress through. The medal tests are an excellent way to gain stage experience, confidence and performance skills.



## Lynden Teams & Squads

At Lynden we recognise that most of our dancers are happy to come along to our weekly dance classes to have fun, make new friends, gain confidence, perform with us in our shows and medal tests, and steadily progress through our graded exams; whilst keeping fit and pursuing a really great and fulfilling hobby, and we are more than happy to be able to offer this to them.

However, we also acknowledge that for some this is simply not enough. They are passionate and truly dedicated to dance, they rise to the challenges that they are set, they are self-motivated and display tremendous determination. They recognise that 'wanting' isn't enough, and are prepared to work really hard, sweat, suffer aching muscles and do whatever it takes to pursue their ambitions and reach their personal goals. These dancers need far greater challenges to enable them to fully reach their potential and it is for this reason that we have introduced Lynden Squads and Teams

The Teams and Squads are offered the following extra opportunities:

- Perform as a team for medal tests
- Compete as a team at Dance Festivals across the country
- Perform in local charity shows and promotional displays
- Perform as a team in Danceforce
- Train at a much more intense level

Squad and Team are strictly by invitation only. (Dancers who are ready for the Squads will stand out and be obvious to their teachers).



## Adult Ballet

No past experience needed. The class is perfect for people completely new to ballet but also for people who may have been taught ballet in their past and want to get back into it, or people who want to approach it from more of a fitness perspective.

Ballet works muscle groups not used in everyday life to enhance elegant, lengthened limbs and improve posture which makes you look confident as well as being toned. Ballet is proven to reduce stress levels and increase adrenaline and endorphin production so you feel fit, happy, elegant (and maybe a bit sweaty) at the end of class.