



| Elite Vaganova Training |

I N F O R M A T I O N
B O O K L E T

Ages 8yrs – 9yrs

Pre – Elite

TABLE OF CONTENTS

Introduction	1
1. About Pre - Elite	2
2. Class Structure	3
3. Uniform	4
4. Policies	5 - 8
5. Pricing	9
6. 2025 Timetable	10
7. Contact Details	11

INTRODUCTION



BALLET EXPRESS | ELITE VAGANOVA TRAINING |

Offers intensive training for young aspiring professional ballet dancers aged 5 yrs - 19yrs old. James Fraser and Jessica Overton are both qualified teachers in the prestigious Vaganova Methodology, with over 20 years experience between them as professional ballet dancers as well as winners of awards in multiple International Ballet Competitions.

It is our ambition to provide the next generation of ballet dancers with the best training in order for students to achieve their dream as professional ballet dancers anywhere in the world.

1. ABOUT

PRE - ELITE

AGES 8 - 9YRS

It is so important to lay the foundation to a student's technique from an early age. Bad habits are extremely difficult to untrain, which takes important hours away from the dancer that could be used to progress further and faster.

This is why we believe that it is important to take the time even before the student begins their formal training.

Before the age of 10yrs old, the body is not ready to be doing a vast amount of ballet vocabulary and this is why we prepare the body between the ages of 5 - 9yrs old so that when they reach the age of 10, they already know how to hold themselves and more time can be spent teaching the vocabulary rather than first learning how to stand correctly, attaining flexibility or having to gain the basic strength.

2. CLASS STRUCTURE

FLOOR WORK

Combinations designed to prepare the student's body to maintain the correct posture, alignment and turn out.

STRETCH & CONDITIONING

At first the main focus will be flexibility. Once the flexibility is achieved, the students are able to strengthen while using their maximum range and facility.

Students will work on achieving their splits, back flexibility as well as core strength.

BALLET TECHNIQUE

All Classical classes are conducted in a slow and repetitive manner to ensure that, not only the correct technique is developed from the start, but also for the student to gain understanding in how to achieve the correct technique.

MUSICALITY

An important aspect of being a dancer, is being able to dance and perform on the music. Students will learn basic time signatures and how to identify them.

3. UNIFORM

Uniforms for each Level can be purchased at **Energetiks** or **Bloch**. Simply mention that you are from **Ballet Express** and they will help you with everything!

GIRLS

- WHITE Leotard
- Pink convertible tights
- Split Sole Canvas Shoe

HAIR

- Hair should be tied back and out of the students face
- Neat bun (hair net and hair pins are to be used)
- Any hair accessory is allowed (bow, blossoms etc)

BOYS

- WHITE unitard/shirt
- Black tights/shorts
- White socks
- White Split Sole Canvas Shoe

5. POLICIES

- **ABSENSES**

Holiday / Camp / Competitions

Parents/Guardians need to notify **Ballet Express** should their child be absent due to an upcoming event/appointment.

Illness

Parents/Guardians need to notify **Ballet Express** should their child be absent due to an illness.

****no refunds will be given due to illness***

Injury

We take the health and well being of each and every student very seriously and encourage students to let the teacher know should they have an on going pain/injury.

In the event that a student is injured, we encourage them to attend classes in order for them to continue learning the level vocabulary.

• PARENTS

Viewing Group Classes

Parents/Guardians are **prohibited** from watching/attending all group classes at **Ballet Express**. From our experience students tend to focus a lot better when parents are not in the class. However, we will have parent viewing in Term 2 & Term 4 where Parents will be invited to watch class.

Private Lessons

Parents/Guardians are welcome to attend and view **their own child's** private lesson.

• COMPETITIONS & EXTERNAL EVENTS

Students are welcome to participate in any master class, intensives, workshops and competitions. We kindly request the Parent/Guardian to make **Ballet Express** aware of the event.

Competitions

Should a student wish to participate in any ballet competition, that requires a *Variation* or *Solo*, it is a **requirement** to have a **Private Lesson** with **Ballet Express** at least once per week.

Representation at External Events

To prepare students for the professional ballet industry, it is a **requirement** to represent themselves and **Ballet Express** in a professional manner. Such as wearing the appropriate dance attire, neat hair (hair sprayed/gelled), clean tights and ballet shoes as well as the **Ballet Express** Competition Uniform (simply contact us to place an order)

• PRIVATE LESSONS

Payment

Payment should be made prior to the Private Lesson via bank transfer **\$110/hr (inc GST)** or in cash **\$100/hr** on the day of the Private Lesson.

Cancellation

As we have a high demand for Private Lessons, the Parent/Guardian should give **Ballet Express** at least **24hrs notice before cancelling** their Private Lesson or they will be required to pay **50%** of the coaching fee.

Cancellation due to illness

In the event that a student is unwell and unable to attend their Private Lesson, **Ballet Express** will need to be notified at least **2hrs** before the lesson commences and the Private Lesson will be rescheduled and there will be no extra charge.

- **EXAMS**

Pre – Elite students will have an end of year internal Exam where parents will be invited to watch and students will receive feedback.

- **RESPECT**

Teacher & Peers

To prepare the students for the professional ballet industry, it is a **requirement** for students to have respect for the Teacher (whether a **Ballet Express** or Guest Teacher) as well as their peers at all times.

Bullying

Ballet Express does not tolerate **ANY** form of bullying and should a student be found bullying another student, the Parent/Guardian will be made aware and if the bullying continues, the student will be asked to leave **Ballet Express** permanently.

6. PRICING

Invoices for each Term will be sent out 2 weeks before the previous Term ends.

Term 1

Total of 10 weeks
\$20/hr (Inc GST)

Term 2

Total of 10 weeks
\$20/hr (Inc GST)

Term 3

Total of 8 weeks
\$20/hr (Inc GST)

END OF YEAR SHOWCASE

FEE

Term 4

Total of 10 weeks
\$20/hr (Inc GST)

6. TIMETABLE

2025

DAY	CLASS	TIME
SATURDAY	Stretch & Conditioning	10am - 10:30am
	Pre - Elite Classical Class	10:30am - 11:30am

****Timetable subject to change****

CONTACT DETAILS

WEBSITE

BALLETEXPRESS.COM.AU

EMAIL

balletexpress123@gmail.com

PHONE

040 7359 332