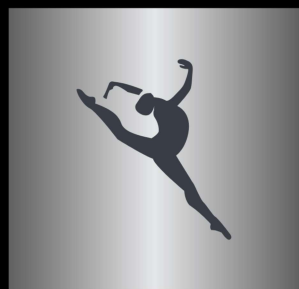


# ADFP

ADVANCED DEVELOPMENT PROGRAM



## OUR VISION

ADP has been created by Alicia Chadwick-Cook with a vision to extend dancers who wish to enhance their personal training, develop their craft & skill set and refine their technical execution.

The program is designed to increase strength, stamina and flexibility and is to be taken in addition to a dancers regular studio training.

ADP is designed to give dancers the tools to eventually assist with transitioning into full time training & is heavily focused on modern dance techniques.

## SUITABILITY

The Advanced Development Program is suitable for competent dancers 10+ years.

Dancers must currently be completing a minimum of 5 hours studio based training weekly and have a good understanding of jazz, contemporary & ballet techniques.

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