

ADFP

ADVANCED DEVELOPMENT PROGRAM



TERM STRUCTURE

For students attending ADP on a regular basis, their personal progress will be monitored with end of term assessments, physical tests & written reports. Every class will cover a wide range of movements to challenge student strength & flexibility. We will also have a term based focus & lessons will be specifically designed to enhance students abilities in these areas. Please see below for our list of class focuses:

TERM ONE

Classical ballet & PBT classes will focus on placement as well as turnout and range through the pelvis & hips.

Jazz technique classes will focus on ankle & core strength for placement in pirouettes.

Suna & conditioning lessons will support both of the above areas.

TERM TWO

Classical ballet & PBT classes will be focus on line & control in adage & port de bras work.

Jazz technique classes will be working to mobilise the upper body to add dynamics, style and line to their jazz technique.

Suna & conditioning lessons will support both of the above areas.

TERM THREE & FOUR

Term 3 & 4 focuses TBC