

## ANITA COUTTS SCHOOL OF DANCE & PERFORMING ARTS UNIFORM

<b>PRE PRIMARY &amp; PRIMARY</b>	Hair should be worn in a neat classical style. French rose CL04 leotard, matching skirt, and crossover, ballet shoes & French rose hair bow.
<b>PREP</b>	Jacaranda TCLO2, no skirts. Cross over & matching hair bow, ballet shoes.
<b>Grade 1</b>	Jacaranda TCLO2, no skirts. Cross over & matching hair bow, ballet shoes.
<b>Grade 2</b>	Mulberry TCLO2, no skirts. Cross over & matching hair bow, ballet shoes.
<b>Grade 3</b>	Boysenberry TCLO2. Cross over & matching hair bow, ballet shoes WITH ribbons.
<b>Grade 4</b>	Boysenberry TCLO2. Cross over & matching hair bow, ballet shoes WITH ribbons.
<b>Grade 5</b>	Plum TCLO2 & skirt. Cross over & matching hair bow, ballet shoes WITH ribbons.
<b>SENIOR CLASSICAL</b>	<p><b>ROYAL ACADEMY OF DANCE –</b>            Black AL17 &amp; CL17 classic velvet cami leotard and optional short skirt.            Inter Foundation: Ballet shoes with ribbons &amp; Pointes.            Intermediate &amp; above: Demi Pointes &amp; Pointes</p> <p><b>CECCHETTI –</b>            Navy blue cami leotard Cecchetti Intermediate &amp; Advanced            Ballet shoes with ribbons &amp; Pointes</p>
<b>CONTEMPORARY</b>	Black footless tights over class leotards or black leotard. Turning Point H061 Pirouette II half shoe. Hair is to worn in a pony tail (NO FRINGES).
<b>PERFORMING ARTS</b>	<p><b>All Classes &amp; Junior Levels –</b>            Studio 7 CH501 black jazz shorts.            Own choice colour crop top. Tan pull-on Capezio EJ2 Jazz shoes.</p> <p><b>All Classes Sub-Inter &amp; above –</b>            Energetiks AAS17 or CAS17 black high waist jazz shorts.            Own choice colour crop top. Tan pull-on Capezio EJ2 Jazz shoes.</p>
<b>BOYS</b>	<p><b>Classical</b> - Black boys tights, white leotard cap sleeved or white singlet. White socks and white ballet shoes.</p> <p><b>Theatrical</b> - Tan jazz shoes, black shorts or dance pants &amp; black singlet or t-shirt or leotard.</p>
<b>SPROUTS &amp; VTP (Pathway Program)</b>	<p><b>SPROUTS:</b> White TCL02 leotard, ballet shoes and ballet tights.</p> <p><b>VTP JUNIOR:</b> CL48 Berry, thick strap, low back leotard etc.</p> <p><b>VTP INTER/SNR:</b> CL48 Cornflower blue, thick strap, low back leo etc.</p>
<b>STAGE CRAFT CLASSES (RSS Groups 2018)</b>	<p><b>Girls</b> - All students selected for ACSOD Stage Craft classes will require regular class leotard and need to supply their own <u>black half tutu</u>. These can be purchased through Central Dance Supplies.</p>

## CLASSICAL CLASSES (ACSOD)

- **PRE-SCHOOL CLASSES -**

In these classes we work with music that is familiar to children; like nursery rhymes and popular tunes; teaching basic steps and encouraging children to be creative and express themselves through their imaginations.

- **PRIMARY** levels children are still encouraged to use their imagination through their dancing, gradually learning more formal steps in classical ballet but without losing the enjoyment. They absolutely love the change of music and extending their vocabulary of steps.
- **GRADE & SENIOR CLASSICAL LEVELS** will be encouraged to take an examination with the RAD & Cecchetti, two of the largest teaching and examining body of ballet in the world. Our school consistently receives 100% pass rate in these exams.
- ACSOD offers a full and outstanding programme for our classical students including ALL major levels of the Royal Academy of Dance syllabi.
- ACSOD also offers Excellence, Specialised Coaching Classes and additional fitness & conditioning classes complimentary to classical dancers.

### **OTHER CLASSES TO COMPLIMENT CLASSICAL**

- **REPERTOIRE & POINTE** – For senior classical students.
- **PILATES/CONDITIONING & PROGRESSING BALLET TECHNIQUE** for greater range of movement, stream-lining muscles and increasing strength and control.
- **CONTEMPORARY** offered every week at ACSOD. Currently one of the most popular styles of dance.
- **EXCELLENCE & SPECIALISED COACHING** classes are offered to students wishing to extend themselves. Taken in addition to/or as a third or fourth class.
- **ACSOD VOCATIONAL TRAINING PROGRAM** for students wishing to pursue a career in dance. Application by audition only.
- **FITNESS** for students wishing to increase fitness, includes cardio and Pilates etc.

## PERFORMING ARTS (ACPA)

- **JAZZ TECHNIQUE** - will teach up to date styles and techniques. These classes are fast, bright and so much fun. ACSOD will cater to varying ages and standards. We have classes for the more accomplished students and for those wanting fitness and lots of fun. Always encouraging students' confidence and self-esteem – always fun.
- **BROADWAY JAZZ** – This class will include jazz dancing in the style of Broadway with an up tempo fitness warm up followed by a new routine learnt in class every week.
- **SING DANCE ACT** – Another wonderful class that is offered at ACSOD. For the child that enjoys singing and dancing. This class also has an acting component which teaches the child how to use their body and voice to portray a character.
- **TAP** – This class offers a fun and warm environment where children can learn to make rhythm and music with their feet. At ACSOD we offer many levels of tap. Always fun and much to learn.

### **OTHER CLASSES TO COMPLIMENT PERFORMING ARTS**

- **VOCAL COACHING** - Now available at ACSOD, with a specialised Musical Theatre teacher who has years of knowledge in this style of singing and performing.
- **LIMBER** for greater range of movement, stream-lining muscles and increasing strength and control.
- **CONTEMPORARY** offered every week at ACSOD. Currently one of the most popular styles of dance.
- **EXCELLENCE** classes are offered to students wishing to extend themselves. Taken in addition to/or as a second or third class.
- **ACRO** classes are offered to students wishing to develop their acrobatic, fitness, upper body strength and core control skills.