

Class Information

Combined Graded Dance 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.

If you are unsure which class would suit your child best, please let us know and we will be happy to advise you. Unless a child has had previous dance experience we generally recommend our Preparatory and Primary classes.

Fees for Combined Graded Dance Classes per 10 Class Term

90 minute classes -	£115.00
45 minute classes -	£65.00



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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.

Fees for Contemporary Dance Classes per 10 Class Term

60 minute classes - £80.00

Acro & Tumbling Classes

As the name suggests, Acro is a dance form that combines classical and modern jazz dance with acrobatic and gymnastic elements, including lifts, jumps, tumblers and other acrobatic movements. It is a fun and awe-inspiring dance style that demonstrates grace, strength and flexibility as well as teamwork and

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discipline. Acro is designed to enhance and compliment other dance forms and it is therefore highly recommended as an additional class to our combined graded Ballet, Tap and Modern Jazz.

The class is suitable for complete beginners as well as those who are more proficient. All levels will cover the BTDA syllabus and students will be given the opportunity to take graded exams and awards if they wish.

Intermediate and senior students will train with expert tumbling/gymnastic coaches on a regular basis. Juniors will focus more on strength, flexibility and basic acrobatic moves and their class will not include any tumbling.



Fees for Acro & Tumbling Classes per 10 Class Term

45 minute class (Junior)	£65.00
60 minute lesson (Inter & Senior)	£90.00

Gymnastics

We are a British Gymnastics registered club and all our policies will follow their guidelines.

In our gymnastics sessions children will learn the fundamental shapes that under pin all gymnastic skills such as tuck, pike, straddle, straight, dish, arch, front support, back support, shoulder stand and bridges; thus giving them a strong base in the basics. Once this has been achieved, they will move on to more advanced skills such as forward rolls, backward rolls, jumps, handstands, cartwheels,



walkovers and tumbling combinations.

As the gymnast's strength and confidence grows, they will move onto flighted skills such as handsprings, free cartwheels, back flicks and somersaults.

We work hard to develop each gymnast as an individual and help them achieve their goals. We do this by assessing each child and placing them at the correct British Gymnastics badge level, which will not only build their confidence but create a challenging environment.



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British Gymnastics Core Proficiency Badges

The Core Proficiency Gymnastics Award scheme follows on from Preschool for beginners and children aged 5 years & upwards. The scheme assists in the progressive development of core skills such as balance, strength, flexibility and co-ordination and incorporates compulsory pulse raising activities.

There are 10 types of activity and 8 levels of attainment. Participants can choose from a selection of 80 activities to develop core skills within Advanced Proficiency Badges.

British Gymnastics Advanced Proficiency Gymnastics Award scheme

For children aged 11 years & upwards, it assists in the development of core fitness (strength, power, flexibility, co-ordination).

The scheme offers a range of activities including Floor, Vault & Rebound, Pairs & Groups.

Further information on our gymnastics classes can be found on our website here: <http://www.lyndendance.co.uk/gymnastics.html>.

Fees for Gymnastics per 10 Class Term

1 hour Little Lynden Gymnastics	£75.00
1 hour recreational gymnastics (4/5 years)	£75.00
2 hour recreational session (6/16 years)	£120.00
2 hour Advanced Recreational Gymnastics	£120.00 (by invitation only)
3 hour squad session	£180.00 (by invitation only)

Fee Discounts

Individual students or siblings who attend, or together attend, more than 2.25 hours per week of Lynden classes (excluding team and squad sessions) will be eligible for a discount of 15% on the classes taken (excluding team and squad sessions).

What to Wear for All Taster Classes

For the first few classes we recommend that students wear any clothes that they feel comfortable in that allow free movement. They will need some hard soled supportive outdoor shoes for tap but may wear either bare feet or plimsolls for all other classes.



Class Information

After the 3 week trial period we ask that students wear our regulation uniform and shoes. Hair must be worn in a neat and secure bun for all classes. A full list of our uniform can be found on our website here -

<http://www.lyndendance.co.uk/danceclassuniforms.html>.

Schedule of Classes

A full schedule of all classes that The Lynden School of Dance & Gymnastics offers can be found on our website here:

<http://www.lyndendance.co.uk/danceclasses.html>.