

LONDON JUNIOR BALLET



London Junior and Senior Ballet
London Studio Centre
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LONDON SENIOR BALLET





ADMISSION

Admission is by audition. Candidates are assessed for their suitability for intensive training. Final class placements are made at the appropriate working level by the second Saturday of the Autumn term.

Students must have permission from their Ballet School teachers to audition and attend classes. London Junior Ballet values its relationship with the dance teachers who allow their students to audition. Teachers are always welcome to keep in close touch and may make an appointment to watch their students in class.

Full uniform details and general rule requirements will be issued to students who are accepted.

London Studio Centre

London Junior and Senior Ballet acknowledges the support of Nic Espinosa and thanks him for allowing us to use the London Studio Centre's magnificent facilities.

LONDON JUNIOR & SENIOR BALLET

London Junior Ballet was founded by Mary Goodhew in 1989 to offer non-syllabus classical ballet classes for talented and ambitious 7 - 18 year olds. Classes are taught by eminent teachers in a professional atmosphere, concentrating on the development of dance technique, artistic presentation and musicality.

In 2005 the programme was divided into London Junior Ballet, for 7 – 12 year olds, and London Senior Ballet, for 12 – 18 year olds. The programme includes classical ballet, pointe, repertoire, contemporary, jazz and pilates at the relevant levels.

Classes are held in the excellent studios of the London Studio Centre (2 minutes walk from Kings Cross Station).

Former students have gone on to dance with companies such as the Royal Ballet Company, English National Ballet, Northern Ballet Theatre, Ballet Ireland, Dresden Ballet and Norwegian National Ballet, and in shows including “Les Miserables”, “Mary Poppins” and “Chitty Chitty Bang Bang”.



CLASSICAL BALLET

London Junior and Senior Ballet classes aim to assist students in developing their posture, balance, strength, co-ordination, suppleness, stamina and musicality. Classes are not meant to replace students' present dance lessons, but are to inspire and enhance students, and enable them to meet other talented, motivated students. Classes are held at six levels and students are placed in classes according to their physical requirements and ability. Good early training is vital for a secure technique to assist students' future development as dancers.

PILATES

All students have Pilates or exercises incorporated into their ballet programme.

This component is an essential part of training and ensures that students learn correct body alignment and the use of appropriate muscle groups.





POINTE

There are three levels of Pointe Work. Initially girls are taught basic exercises to strengthen feet, develop balance and confidence, and a good understanding of correct foot and leg alignment on pointe.

As classes progress, more technical vocabulary is introduced and finally, grande allegro and solos from the classical repertoire.



BOYS

The Boys' Coaching class is designed to reinforce the techniques taught in the ballet classes, placing particular emphasis on strengthening allegro work, batterie (where appropriate), pirouettes and presentation skills. These boys' classes are taught by male staff, and are designed to inspire excellence in technical and artistic standards.



REPertoire

Repertoire classes introduce students to the character dances performed in the great classical ballets.

The aim of these classes is to learn an understanding of the difficult rhythmic syncopations typical of character dances, to strengthen the use of the upper body and to show a sense of performance.

CONTEMPORARY AND JAZZ

The aim of these classes is to give students a broadly based experience of the Contemporary and Jazz techniques that are often a requirement when auditioning for vocational schools.

These classes provide students with the opportunity to explore different styles of choreography and to develop confidence, expression and performance skills.

