



Tel: 458-6555 Fax: 458 6570

Address: #20, 17 Boudreau Road, St Albert, Alberta. T8N 7K5.

Email: sabainc@shaw.ca

Website: www.stalbertballet.com

Frequently Asked Questions and Answers

What are the benefits of my child attending an RAD registered school?

There are many benefits a child will be exposed to at an RAD school. First the instructor will have completed and passed *internationally/globally* recognised qualifications, this indicates your child will receive internationally renowned training of the *highest standard* and *safest level*. Secondly a structured and progressive class means your child will be learning each lesson, whether it is their first ballet lesson or even if they are a seasoned dancer. Another benefit to the children is the opportunities to partake in exams or presentation classes offering a goal and sense of achievement to every child whom participates in ballet.

What qualifications does the instructor hold and what do they mean?

If an instructor possesses a “Licentiate” it indicates that the holder has trained at “The College of the Royal Academy of Dance” which is located at the headquarters of the Royal Academy of Dance in London, England. Only selected instructors who train in London hold this qualification. There are several courses available at the headquarters most of which are only one year in length, however for a more in depth study of teaching ballet the academy developed a three years teaching degree. *Sophia studied at the RAD in the three year degree program* “BA Honours Degree in the Art of Teaching Ballet”. Specific subjects studied were as follows; Classroom Safety and Etiquette, Anatomy, Choreography, Child Psychology, Dance History, Analysis of Ballet Technique, Dance Notation, National Dance, Teaching Experience of all abilities and ages, Stage Management. Sophia was also presented with her “Licentiate” and holds “Fully Registered Teacher Status, RTS”.

Since graduating from the Royal Academy of Dance Sophia has had seven years teaching experience both in England and Alberta, Canada. She has recently *achieved her Masters Degree in Ballet Studies* from the University of Surrey, Roehampton, England. **Therefore, your child will receive the highest standard and safest level of training available.**

Are these qualifications necessary as they are only doing it for fun?

Ballet is fun and should be safe also. With a qualified instructor the likelihood of developing a chronic injury is minimised. Chronic injuries develop through poor technique i.e. rolling of the feet, this leads to ankle problems then progresses to the knees and then the hips and lower back. A chronic injury, as the term explains, develops over years of poor technical training, where an acute injury can happen suddenly like a sprained ankle.

Yes these qualifications are important for your child’s welfare.



Frequently Asked Questions and Answers continued

What benefit are these exams to my child and are they relevant?

As stated above exams and presentation classes present a goal but they also provide a sense of achievement, which in turn builds confidence. Ultimately if a child decides to pursue dance as a career the exams will assist in their entry into a vocational dance school, as they are ***internationally/globally*** recognised qualifications.

*All qualifications are held on a database at the headquarters in Battersea, London, United Kingdom for student's worldwide and verification of qualifications can be accessed by **any** registered RAD teacher.*

Does your school intend to participate in festivals or competitions?

The St. Albert Ballet Academy INC we will not be attending festivals or competitions. We would rather focus on the enjoyment of learning and performing ballet technique without the pressure of competing on a stage against other children. We have opted to participate in RAD exams where children achieve their personal best and to perform one co-operative performance per year.

How many children do you intend to have in one class?

It is in your child's interest that he or she obtains the highest standard of instruction and safety in a class, for this reason we keep classes to a **maximum** of ten students.

Do you intend to teach "Combo" classes?

As our name states we are a specific academy of ballet and our focus is to the art of ballet, solely.

Can I watch the class in progress?

For the first class only we allow a parent to watch the class, we do however request that parents refrain from entering a class whilst in progress, as we have found it is distracting for the students. Also this may benefit younger children in preparation for formal schooling, making the transition less traumatic when leaving the parent. There will be a watching week or performance at the end of every semester where you will be able to view your child's progress.

Does the uniform have to be specific?

Most importantly the uniform allows the instructor to identify any inaccuracies to technique and correct the student preventing injuries occurring. It also unites the children as a class whilst training and as your child is able to partake in RAD exams or presentation classes it is important that they are in the correct uniform as requested by the RAD.

We hope this information will help in your decision choosing a dance school for your child. Please do not hesitate to contact us for any further questions or information you may require.

