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R&D School Of Dance
SYRCH Centre, Lutman Street, Emsworth, PO10
07835754416

rndschooldance@hotmail.co.uk
info@rndschooldance.com



R&D School Of Dance is based in Emsworth delivering fun, friendly and high quality teaching to students of all ages and abilities. From Our very youngest pre-school students, through to our adult Dancers there is really something to suit everyone whether beginner or training to go on to a dance college or to further your dance career!

Since opening in 2009, the School has grown from strength to strength and we are growing in numbers every month and more and more classes have been introduced including Acro, Limbering, Hip Hop & Singing lessons as this is now a massive part of dance if you wish to progress and make dance a career. We expect a high level of discipline and will not tolerate bad behaviour. However we do like every child to have fun and enjoy all their lessons. We love our school as a family and bad behaviour can disrupt lessons where we want every child to enjoy dancing and achieve their full potential. We are also an anti- bullying zone and are extremely proud of all our students for their continued support and friendship towards each other.

Students have achieved outstanding marks in all ISTD dance exams and have had fantastic results at Festivals.

Through our commitment and passion for dance, we promise to deliver the highest levels of teaching, with professional care and attention given to all our pupils. All teachers are fully qualified, with lots of experience. We welcome you to our School and look forward to introducing you to the wonderful world of dance and song!

Rebecca Boxall
(Principal)

Please return the enclosed registration form
(last page of pack)
To any member of the
R&D School Of Dance Team



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Time Table & Prices

Wednesday

4:15-4:30 Private Lesson	All Private lessons are £4
4:30-4:45 Private Lesson	
4:45-5:30 Limbering	£4
5:30-6:15 Hip Hop	£4 Limbering and Hip hop combined £7
6:15-6:45 Grade 2 Modern	£4
6:45-7:15 Grade 1 Tap	£4 Tap and Modern £7 with Ballet £8
7:15-8:00 Intermediate Ballet	£4
8:00-8:15 Pointe Work	£2
8:15-8:45 Intermediate Tap	£4

Singing lessons are held on Wednesdays and are on a one to one basis with individual times. Prices are £8 for 20 mins and £12 for 30 mins.

Thursday

4:30-5:00 Little Stars	£3.50
5:00-5:15 Private Lesson	
5:15-6:00 Grade 5 and Intermediate Modern	£4.50 Tap & Modern combined £8 with with Ballet £10 plus pointe £12
6:00-6:15 Private Lesson	
6:15-6:45 Grade 2 Tap	£4.50
6:45-7:15 Grade 3 Modern	£4.50 Combined £8 with Ballet £9
7:15-7:45 Acro	£4
7:45-8:30 Adult Dance Fit	£5

Saturday

9:30-9:45 Private Lesson	
9:45-10:15 Primary Tap	£3.50 Each
10:15-10:45 Grade 1 Modern	£3.50 Two for £6
10:45-11:15 Primary Ballet	£3.50 Three for £7
11:15-12:00 Grade 1 Ballet	£4
12:00-12:15 Private Lesson	
12:15-12:45 Grade 3 Tap	£4.50
12:45-1:15 Grade 4 Modern	£4.50 Tap and Modern combined £8 with Ballet £9
1:15- 1:30 Private Lesson	
1:30-1:45 Private Lesson	
1:45-2:00 Private Lesson	

Ultimate Saver: As many classes in a week excluding singing for £20

Class Descriptions:

Throughout the weekly timetable, we offer a wide range of classes, designed to suit all interests and to encourage a well-rounded dancer.

Below is a brief explanation of what you can expect from each lesson.

Ballet:

Often described as 'the key dance discipline', ballet teaches grace, poise, musicality, correct posture, coordination, balance, strength and flexibility. It is one of the oldest dance forms, but is still hugely popular, and beneficial in providing a secure base for all other dance forms.

Modern:

A fun and popular class, that combines the funky, trendy use of isolations found in street dance and jazz, with the solid, technical training of ballet. Modern incorporates many different styles of music, teaches students about rhythms and incorporates stretching, floor work, strengthening, jumping, turning and leaping. It can include many different aspects of dance styles from upbeat jazz combinations, to slower lyrical routines and even Latino or Celtic exercises. Modern is a style of dance often seen demonstrated by performers in West End musicals.

Tap:

Focuses on making fun and interesting percussive rhythms, and incorporates many different styles of music, from the funky 'Stomp' style of tap, through to the West End 'top hat and tails' variety, there really is something to suit everyone.

Little Stars (3yrs & Under):

An introduction to dance for our younger age range. Come along, and learn how to move and dance, whilst mums and dads can enjoy a relaxing and even join in if they would like to. A Lovely, fun and friendly introduction to the world of dance, that will help your toddlers start to develop the skills of balance, control and coordination, whilst most importantly having fun with other children!

Pointe Work:

When students reach a certain level in ballet, they may wish to go 'en pointe'. Whilst the effect is impressive, this specialised part of ballet requires significant strength and training. This class will ensure that all pupils are fully prepared and safely coached when embarking on point work.

Limbering:

A 'must do' class for those serious about dancing. The class works on toning, strengthening, flexibility, stretching and cardio vascular training, all crucial in developing a strong dancer. Particularly important for those studying modern from grade 3 onwards and those competing in festivals. A non-syllabus class for every age to dance together and enjoy.

Hip Hop:

Hip hop dancing almost eludes definition. Like the music it accompanies, this style of dance constantly evolves and welcomes innovation across cultural boundaries. From the streets of the Bronx to exclusive dance conservatories, hip hop dance represents a cultural movement. A fun class for every age with up to date music and routines.

Private Lessons:

These are one to one lessons usually used for festival work or for extra exam practice.

Adult Dance Fitness:

A great class for all to keep fit and have fun at the same time. The class is a combination of keep fit and dancing suitable for all ages and abilities.



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Meet The Staff

Rebecca Boxall (Miss Becky) Principle

Rebecca has been dancing since the age of 2 1/2 training at Rainbow School of Dancing and then Hayley sexton school of dance completing her ISTD exams in Tap and Modern and up to Intermediate in Ballet with RAD and ISTD. She also competed in many festivals in sections from tap, modern, song and dance, character and national also in duets, trios and troupes which she loved despite always being nervous! She then went on to complete her Teaching qualifications with Paddy Hurling's and Liza Carter. Rebecca has also taken Trinity exams in singing and LAMDA exams in acting which has led her to sing at the Portsmouth guildhall and taking part in many dance shows and amateur dramatic shows such as We Will Rock You and Musical Magic. After completing her teaching exams (which she is still striving to achieve more at a higher level as you can never learn enough!) and completing her BTEC National Diploma in dance. She was offered the chance to start a school under Sexton School of Dance which was later passed on to be a separate school which is how R&D School of dance started originally with Danielle Savage who unfortunately decided to leave to concentrate on her family. Rebecca Loves the School and has put many thousands of hours in to creating a family feel to the school as this is what she had growing up and has what has made her strive to achieve this. Rebecca hopes every child who comes to this school can enjoy their lessons and reach their full potential.

Katie Woodford (Miss Katie) Ballet Teacher

Katie began dancing at the age of 2 and a half, studying ballet, tap and modern. She has always enjoyed performing in festivals and shows and continued dancing at Chichester College where she gained her DDI Ballet teaching qualifications. She is currently studying a BA Hons degree in Dance at Chichester University and wants to continue teaching in the future.

Amber Page (Miss Amber) Hip Hop & Adult Dance Fitness

Amber has been dancing since the age of 3, competing in many dance festivals and has won the finals in the all England dance competition. At 16 she gained a place and the prestigious 'Laine Theatre Arts' and trained for 3 years gaining a diploma in dance and a teacher's qualification in modern dance. After leaving college she has worked on various cruise ships dancing professionally for 5 years. She has now been teaching for 10 years at many dance schools around Portsmouth and Fareham choreographing for many shows.

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Victoria Farley (Miss Victoria)
Singing Teacher

Training: Trinity College of Music and London School of Musical Theatre.

Theatre credits include: Understudied and played Glinda in 'Wicked' (UK Tour), Understudied and played Cosette in the 25th Anniversary Production of 'Les Miserables' (International Tour, London Barbican & Théâtre du Chatelet, Paris), Cinderella in 'Cinderella' alongside Joe McElderry (Hayes), Rosa Budd in 'The Mystery of Edwin Drood' West End Revival (Arts Theatre); Kathy Kirby in 'Kathy Kirby: Icon' (Etcetera Theatre); Yum-Yum in Hot Mikado (Landor Theatre); European Premiere of 'Thirteen Days the Musical' (Arcola Theatre); Wendy in Peter Pan (Basildon Towngate Theatre); Secretary in 'My Favourite Madman' (Tristan Bates Theatre).

Concerts include: Soloist for The Lord Mayor of the City of London's Summer Banquet (Guild Hall, London); soloist for 'The Musical World of Charles Dickens' (National Portrait Gallery), both in association with Concordia foundation. Featured cast member in 'Les Miserables in Concert: The 25th Anniversary' at the O2 Arena, London.

TV & Recordings include: "Les Miz Live!" 25th Anniversary Cast live recording; "Les Miz at 25; Matt Lucas Dreams the Dream" (BBC); The Classical Brit Awards (ITV); The Royal Variety Performance (ITV).

Victoria recently worked alongside celebrated British Jazz pianist, Jason Rebello, and producer Steven A. Williams to create a brand new genre of music; classical/jazz crossover.

Their track 'O Mio Babbino Caro' is available for purchase on iTunes.



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Frequently Asked Questions:

What do I wear for my first class?

All of the class uniforms and correct footwear can be found on our 'What to Wear' page and should be worn within 1 month of enrolment. However, for the first couple of weeks, it is fine to wear something you are comfortable in and suitable for exercise (for example leggings and a t-shirt or a tracksuit). You can wear, bare feet for ballet or modern initially and some hard soled shoes for tap.

Do parents stay and watch classes?

No, for all lessons parents leave their children and are then invited to come and watch their child's class at the end of each term in our 'Parent Watching Weeks'. We find that children generally work better without parents in class as they occasionally get distracted or can become shy. The exception to this is private festival lessons and occasionally lessons leading up to exams where we encourage parents to watch so they can help with practicing at home.

Are all our teachers qualified and CRB checked?

All teachers have full CRB checks, insured and have qualified with professional dance/Music teaching societies. The process of becoming a qualified dance teacher requires teachers to study 'health & safety' and 'child development' and to undertake vigorous training and exams to ensure they are knowledgeable and fully capable of safe and high quality teaching. We continue to update our knowledge and training to ensure we offer the latest in dance teaching methods.

How does payment work?

Payments are made on a weekly, termly or monthly basis whichever is more suitable for you however all outstanding payments must be made by the end of term. Trial Classes are free. Notice of leaving a class must be made at least one term in advance in writing.

How do the exams work?

Exams are taken in accordance with the ISTD and each pupil will undertake extra coaching lessons in preparation. Exams are not compulsory, but are strongly recommended as the process is invaluable in building confidence and ability. Students should expect to take an exam between every 12 years depending on practice and attendance. When the student takes an exam, the results can take up to 6 weeks to arrive, and then all candidates are given a certificate and report form. Please feel free to ask for any more detail on our examining board which is seen to be the best around the world or visit their website- <http://www.istd.org>.

Do the students take part in shows?

We will put on a Show every other year where all pupils are invited to take part. Each class will have a dance within the show and they are normally great fun for everyone involved. We use the alternate year to allow us to focus on syllabus and exam work fully.

Do students take part in dance festivals?

Festivals offer a friendly competitive environment, where children are able to compete in all forms of dancing, and gain valuable performance experience and confidence in front of an audience. The main local festivals include Chichester, Isle of Wight, Gosport and Southampton. Taking part in festivals is considered an extra activity as dances are choreographed on a private tuition basis to meet the student's individual requirements.

What do I do if I have a problem or need to speak to someone?

We always have time to deal with any problems or issues and would welcome your thoughts on any matters. If the teachers are busy during a class, please feel free to call us on 07835754416. We very much value all of our pupils, and encourage you to speak to us if you have any worries or concerns. All issues will be dealt with in complete confidence.

What else is on offer for pupils of R&D School Of Dance?

We aim to regularly offer extra activities in addition to normal classes. For example, we will endeavour to run workshops in different styles of dance and performing arts with various professionals in the field. We also hope to offer theatre trips, summer schools and to keep pupils updated with any auditions or dance news that we hear of. Please check the Facebook page or notice boards to keep up to date with all the latest information.

How do I choose the correct class for my child?

When you enrol, you will be asked to list the classes you are interested in, plus any previous training. The teachers will then advise you as to which class is most appropriate based on age and ability.



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Uniform List

*All Hair should be tied back for all classes Buns should be worn for Ballet.

*Limbering, Hip Hop and Acro any leotards can be worn.

*Please ask for Boys Uniform list as we like them to feel comfortable so class work uniform can be what they feel comfortable in.

Primary- Grade



2

Grade 3 – Grade 5

Black Tights or Leggings can be worn for anything other than Ballet.



Intermediate plus

Any Black Leotard with black leggings or tights pink tights for Ballet. Pointe shoes for Pointe class.

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Child Protection Policy

R&D School Of Dance fully recognises its responsibilities for child protection. Our policy applies to all teachers and staff working in the school.

There are three main elements to our policy:

- Ensuring we practice safe recruitment in checking the suitability of staff to work with children this is achieved by running a detailed CRB check against all new employees.
- Raising awareness of child protection issues and equipping children with the skills needed to keep them safe.
- Establishing a safe environment in which children can learn and develop. The school will endeavour to:
- Establish and maintain an environment where children feel secure, are encouraged to talk, and are listened to.
- Ensure children know that there are adults in the school whom they can approach if they are worried.

This policy applies to both children under 18 years, and vulnerable adults. Parents will be required to sign a registration form to confirm they have, understood their responsibilities set out in the policy.

Parents/guardians/carers must ensure that all those under the age of 18 and vulnerable adults are supervised at all times when not in dance lessons. Changing, toilets and reception areas are unsupervised and parents/guardians/carers should be mindful of their responsibilities outlined above. Also included in the registration form will be a disclaimer for all parents/guardians/carers to give their permission for photographs or video recordings to be taken from time to time by school staff or appointed professionals for promotional material of the school. If any parent/guardian or carer objects to this, it is their responsibility to ensure that the Principal is made aware.

Any matters relating to Child Protection should be immediately brought to the attention of the school staff using the usual contact details.

R&D School of Dance Registration Form:

- Full name of student:.....
- Age of student:.....
- Date of Birth:.....
- Address:
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- Postcode:.....
- Telephone:
- Mobile:.....
- Email:.....
- Name of Parent/Legal Guardian:.....
- Emergency Contact (Name & Telephone number):
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- Are there any medical conditions/injuries/illnesses that we should be aware of?
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- Is there anything else that we should be aware of prior to commencing teaching (medication, inhalers etc)?
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Child Protection

:

I confirm that I have read the Child Protection Policy and will abide by my responsibilities as a parent/guardian. I understand that on occasions, it may be necessary for teachers to correct dance movements by physically moving the pupil into the correct alignment, to assist with effective teaching. I understand that on occasions, photos and videos of pupils may be taken and used for Charles Academy of Dance publicity purposes, and that it is my responsibility to make the Principal aware if this is not allowed.

I confirm that I will pay all fees and that half a terms notice in writing must be provided if the pupil is to leave a class.

Parent Signature.....
Date.....

Many thanks for your time & support, we look forward to welcoming you to our school.

Facebook: RND DANCE
Like our Face book page R&D School Of Dance
Follow us On Instagram.

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