

# **NSDA 2025 Schedule**

## **TERM 1**

**Monday 3rd February – Saturday 12th April**

## **TERM 2**

**Monday 28th April – Saturday 5th July**

## **TERM 3**

**Monday 21st July – Saturday 27th September**

## **TERM 4**

**Monday 13th October – Saturday 13th December**

## **STUDIO LOCATIONS**

**St Ives Uniting Church (176 Mona Vale Rd, Corner of Mona Vale Rd & Douglas St)**

**St Andrew's Presbyterian Church (258 Mona Vale Rd)**

**October Exam Intensives** (compulsory for all exam students):

Tuesday 7th October 2025:

Primary 8.45am – 10.30am

Grade 1 3pm - 5pm

Grade 2 5pm - 7pm

Wednesday 8th October 2025:

Primary 8.45am – 10.30am

Grade 1 3pm - 5pm

Grade 2 5pm - 7pm

Thursday 9th 2025:

Senior levels 9am – 1pm

Grade 3 3pm - 5pm

Grade 4 5pm - 7pm

Friday 10th

Senior levels 9am – 1pm

Grade 3 3pm - 5pm

Grade 4 5pm - 7pm

**EXAMS:**

The Royal Academy of Dance selects the dates for the exams and they will be sometime in Term 4. This is for Grade students 1 - 4 + twice a week Primary students. Senior students are entered into exams on an individual basis.



**Concert day: To be announced shortly.**

Full cast ballet rehearsal: Sunday 23rd November 12pm - 3pm

## HOLIDAY PROGRAMS

### JANUARY SUMMER SCHOOLS

*Ages 5 – 11:*

13th and/or 14th January 9am – 3pm

20th and/or 21st January 9am – 1pm

*Ages 11+ (Intermediate Foundation level up):*

22nd, 23rd & 24th January 9am – 1pm

### APRIL BALLET SCHOOL

*Ages 11+ (Intermediate Foundation level up):*

15th and 16th April 9am - 1pm

Eisteddfod group rehearsals also on these days and on the 14th April.

### JULY WINTER SCHOOLS

*Ages 5 – 11:*

15th and 16th July 9am - 1pm

*Ages 11+ (Intermediate Foundation level up):*

17th and 18th July 9am - 1pm

*More information will be shared in the term prior to the above holiday programs.*

# Table of Contents

Ages 3-4: Tiny Tots Ballet

5 by August 2025: Pre-Primary

6 by August 2025: Primary

7 by August 2025: Grade 1

8 by August 2025: Grade 2

9 by August 2025: Grade 3

10 by August 2025: Grade 4

11 by August 2025: Intermediate Foundation

12 by August 2025/ Intermediate

14 by August 2025/ Advanced Foundation

15 by August 2025/ Advanced 1

16 by August 2025/ Advanced 2

# Tiny Tots Ballet

(3 and 4 year old's)

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church		Tiny Tots Ballet 3.30pm - 4pm				Tiny Tots Ballet 9-9.30am
						Tiny Tots Ballet 9.45-10.15am
						Tiny Tots Ballet 10.30-11am
St Andrew's Church		Jazz / Hip Hop 4.30-5.15pm (Ages 4-6)		Jazz / Hip Hop 3.45-4.30pm (Ages 4-6)		

# Pre-Primary

(5 by Aug 2025) -

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church			Pre-Primary Ballet 3.45-4.30pm			Pre-Primary Ballet 8.45-9.30am

St Andrew's Church		Pre-Primary Ballet 3.45-4.30pm		Jazz / Hip Hop 3.45-4.30pm (Ages 4-6)		
		Jazz / Hip Hop 4.30-5.15pm (Ages 4-6)				

# Primary/ 6 by August 2025

Primary ballet students need to attend 2 ballet lessons per week to participate in the Royal Academy of Dance exam. 2 Primary ballet classes per week are highly recommended for your child's confidence, enjoyment, and progress.

Students don't need to do ballet to do contemporary or jazz/ hip-hop.

All styles compliment each other.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church			Contemporary 5.30-6.15pm	Primary Ballet 4-4.45pm		Primary Ballet 9.30-10.15am

St Andrew's Church		Jazz / Hip Hop 4.30-5.15pm (Ages 4-6)		Jazz / Hip Hop 3.45-4.30pm (Age 4-6)		
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# Grade 1/ 7 by August 2025

2 x syllabus classes per week is compulsory for BALLET students in Grade 1. Students don't need to do ballet to do contemporary, stretch and strength, or jazz/ hip-hop.

**All styles compliment each other.**

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church			Stretch and Strength 4-4.30pm			Grade 1 Ballet 10.15-11.15am
			Grade 1 Ballet 4.30-5.30pm			
			Contemporary 5.30-6.15pm			

St Andrew's Church		Jazz / Hip Hop 5.15-6.15pm (Ages 7-10)		Jazz / Hip Hop 4.30-5.30pm (Ages 7-10)		
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# Grade 2/ 8 by August 2025

2 x syllabus classes per week is compulsory for BALLET students in Grade 2.

Students don't need to do ballet to do contemporary, stretch and strength, or jazz/ hip-hop.

All styles compliment each other.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church			Stretch and Strength 4-4.30pm			Grade 2 Ballet 11.15-12.15am
			Grade 2 Contemporary 4.30-5.15pm			
			Grade 2 Ballet 5.30-6.30pm			

St Andrew's Church		Jazz / Hip Hop 5.15-6.15pm (Ages 7-10)		Jazz / Hip Hop 4.30-5.30pm (Ages 7-10)		
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# Grade 3/ 9 by August 2025

2 x syllabus classes per week is compulsory for BALLET students in Grade 3.

Students don't need to do ballet to do contemporary, stretch and strength, or jazz/ hip-hop.

All styles compliment each other.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church	Grade 3 Ballet 4 - 5pm					
	Grade 3 Contemporary 5 - 5.45pm					

St Andrew's Church		Jazz / Hip Hop 5.15-6.15pm (Ages 7-10)		Jazz / Hip Hop 4.30-5.30pm (Ages 7-10)		Grade 3 Ballet 8.45-9.45am
						Stretch & Strength 9.45-10.15am

# Grade 4/ 10 by August 2025

2 x syllabus classes + 1 x open class per week is compulsory for BALLET students in Grade 4.  
Students don't need to do ballet to do contemporary, stretch and strength, or jazz/ hip-hop.  
All styles compliment each other.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church	Grade 4 Contemporary 4.15 -5pm					
	Grade 4 Ballet 5-6pm					

St Andrew's Church		Jazz / Hip Hop 6.15-7.15pm		Jazz / Hip Hop 5.30-6.30pm		Stretch & Strength 9.45-10.15am
						Grade 4 Ballet 10.15-11.15am
 north shore DANCE ACADEMY						Grade 4 Open Ballet (compulsory for ballet students) 11.30-12.15pm

## **VOCATIONAL/SENIOR LEVEL BALLET:**

From Intermediate Foundation to Advanced 2, minimum attendance of 2 Syllabus Ballet per week is required. To enter RAD Vocational exams, minimum of 3 Syllabus Ballet per week plus Open Class is required. Vocational students should attend our Contemporary and we highly recommend our Jazz and Pilates.

Vocational students do not necessarily take exams at the same time as their peers as per the Junior school. The average time spent in Vocational levels before an exam is 18 months and this should be the expectation, but this can range from 6 months to 2 + years depending on class and holiday school attendance, work ethic, natural talent and age and strength of student.

Attendance at every North Shore Dance Academy holiday school is highly recommended to reach the required standard for Vocational exams. NSDA Holiday School dates are listed on top of this schedule. Entry to exams is at the discretion of the principal. Students must be at the required standard to be successful in their exam.

## **OPTIONAL SPECIALISED COACHING CLASSES:**

**Friday's 4.45pm - 6pm**

Students from Intermediate Foundation up to Advanced 2 Level have the option of attending our Friday specialised coaching classes.

There are two options of enrolment for this class:

- Enrol upfront for the term for \$140.
- Pay at the end of the term for \$18 per session attended.

This class will be regularly run by Cathy Moss, and will focus on:

- Stamina, Strength, Conditioning and Flexibility
- RAD Exam Preparation
- Competition Preparation
- Breakdown of steps and skills needed for exam work
- Focus on areas students are struggling with

Any senior student is encouraged to attend when they have the availability.

# Intermediate Foundation/ 11 by August 2025

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church	IF Contemporary 5.45 - 6.30pm			Ballet Syllabus IF 4.45-6pm	Optional Specialised Coaching Class 4.45pm - 6pm	
	Ballet Syllabus IF 6.30-7.30pm			Pilates / Stretch 6-6.45pm		

St Andrew's Church		Jazz / Hip Hop 6.15-7.15pm		Jazz / Hip Hop 5.30-6.30pm		Ballet Syllabus IF 12.15-1.30pm
						Open Ballet Class (compulsory for ballet students) 1.30 - 2.15pm

# Intermediate/ 12 by August 2025

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church		Inter Ballet Syllabus 5.15-6.30pm		Inter Ballet Syllabus 4.45-6pm	Optional Specialised Coaching Class 4.45-6pm	Ballet Syllabus 12.15-1.30pm
		Contemporary 6.30pm - 7.30pm		Pilates / Stretch 6-6.45pm		Open Ballet Class 1.30-2.15pm
						Jazz 2.30 - 3.30pm

St Andrew's Church		Jazz / Hip Hop 6.15 - 7.15pm		Jazz / Hip Hop 5.30-6.30pm		
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# Advanced Foundation/ 14 by August 2025

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church		Ballet Syllabus 5.15-6.30pm		Ballet Syllabus 4.45-6pm	Optional Specialised Coaching Class 4.45 - 6pm	Ballet Syllabus 12.15-1.30pm
		Contemporary 6.30pm - 7.30pm		Pilates / Stretch 6-6.45pm		Open Ballet Class 1.30-2.15pm
						Jazz 2.30 - 3.30pm

St Andrew's Church		Jazz / Hip Hop 6.15-7.15pm		Jazz / Hip Hop 5.30-6.30pm		
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# Advanced 1/ 15 by August 2025

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church		Contemporary 5.30 - 6.30pm		Pilates / Stretch 6-6.45pm	Optional Specialised Coaching Class 4.45 - 6pm	Jazz 1.15 - 2.15pm
		Ballet Syllabus 6.30 - 8pm		Ballet Syllabus 6.45-8pm		Ballet Syllabus 2.30 - 3.45pm
						Open Ballet Class 3.45- 4.45pm

# Advanced 2

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church		Contemporary 5.30 - 6.30pm		Pilates / Stretch 6-6.45pm	Optional Specialised Coaching Class 4.45 - 6pm	Jazz 1.15 - 2.15pm
		Ballet Syllabus 6.30 - 8pm		Ballet Syllabus 6.45-8pm		Ballet Syllabus 2.30 - 3.45pm
						Open Ballet Class 3.45- 4.45pm