

2026 Term Dates

TERM 1	Monday 2nd February – Thursday 2nd April	9 week term
TERM 2	Monday 20th April to Saturday 4th July (No classes on Saturday 25 th April due to Anzac Day)	11 week term
TERM 3	Monday 20th July – Saturday 26th September	10 week term
TERM 4	Monday 12th October – Saturday 12th December	9 week term

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)

Royal Academy of Dance Exams

Each year, NSDA has an RAD examiner brought into our studios to hold our exams.

Your students train with RAD registered teachers who are eligible to facilitate the examinations, and RAD trained teachers with in-depth knowledge of the syllabus and training styles. Students need to be disciplined in attending all classes for the remainder of the year and keep working hard in the lead up. They are marked on their technique and performance ability.

We also encourage students to practice their exam work at home for confidence – there is a mobile app called “Royal Academy of Dance Video” on which you can purchase their syllabus music and videos.

Who is eligible:

If your child has been attending all available syllabus classes per week (plus open class for Grade 4 upwards), they are eligible to enter the ballet exam. It is by invitation only for senior students but junior students (Primary - Grade 4) enter with their cohort.

When and where:

In 2026 the exams will be held during week 9 Term 3 between the 15th - 19th September.

They will most likely need to miss a few hours of a school day. The RAD controls the timing of the exams, NSDA doesn't have any choice other than what we request. We will find out the exact date of the exam at the end of August.

The exams will be at the NSDA Uniting Church studio. We are very lucky that we are able to hold the exams at our studio.

Why enter your child into an exam:

Exams are an important part of your child's ballet training and an enjoyable experience. They give the students the opportunity to learn to work towards a goal, and they provide individual feedback, receiving a certificate, a report, and a result from the RAD examiner. Students learn the skills of discipline, determination and diligence when undertaking ballet exams. They are internationally recognised and can assist with school and university applications.

Compulsory rehearsals

If your child is entered in the RAD exam, they are required to attend the compulsory exam classes:

The holiday rehearsals are:

Primary: Sunday 6th and 13th September 8.45am - 10.15am

Grade 1: Sunday 6th and 13th September 10.15am - 12pm

Grade 2: Sunday 6th and 13th September 12pm - 2pm

Grade 3: Sunday 6th and 13th September 2pm - 4pm

Grade 4: Sunday 6th and 13th September 4pm - 6pm

The RAD exam fees (inclusive of the October rehearsals) are:

Primary: \$215, Grade 1: \$225, Grade 2: \$235, Grade 3: \$245, Grade 4: \$255

The fees cover the examiner, report and medal, pianist (we are lucky to have Grant Kennedy, head of accompaniment at the RAD, and NSDA faculty member play for us), studio rent, and the extra rehearsals as above.

To enter:

A form will be sent for you to enter your child in June/July 2025.

HOLIDAY PROGRAMS

SUMMER SCHOOL

Seniors: Wednesday 21st, Thursday 22nd and Friday 23rd January 9am - 1pm

Juniors: Monday 19th and Tuesday 20th January 9am - 1pm

APRIL HOLIDAY SCHOOL

Seniors: Thursday 16th and Friday 17th April 9am - 1pm (subject to change)

JULY HOLIDAY SCHOOL

Seniors: Thursday 16th and Friday 17th July 9am - 1pm

Junior Winter School: Ages 5 - 11: Monday 15th and Tuesday 16th July 9am -
1pm

Frozen Workshops: Saturday 13th July

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

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12 by August 2026/ Intermediate

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15 by August 2026/ Advanced 1

16 by August 2026/ Advanced 2

Tiny Tots Ballet

(3 and 4 year old's)

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church						Tiny Tots Ballet 9-9.30am
						Tiny Tots Ballet 9.45-10.15am
						Tiny Tots Ballet 10.30-11am
St Andrew's Church		Junior Jazz 4.30-5.15pm (Ages 4-6)		Tiny Tots Ballet 3.15-3:45pm		
				Junior Jazz 4pm - 4.45pm (Ages 4-6)		

Pre-Primary

(5 by Aug 2026) -

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Uniting Church			Pre-Primary Ballet 3.45-4.30pm			Pre-Primary Ballet 8.45-9.30am
						Pre-Primary Ballet 11.15-12pm
St Andrew's Church		Pre-Primary Ballet 4-4.45pm		Junior Jazz / Hip Hop 4pm - 4.45pm (Ages 4-6)		
		Junior Jazz / Hip Hop 4.45-5.30pm (Ages 4-6)				



Primary/ 6 by August 2026

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		Junior Jazz 4.45-5.30pm (Ages 4-6)		Junior Jazz 4pm - 4.45pm (Age 4-6)		

Grade 1/ 7 by August 2026

2x syllabus classes per week is compulsory for BALLETT students in Grade1. Students don't need to do ballet to do contemporary, stretch and strength, or jazz/ hip-hop however **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		Inter Jazz 5.30-6.30pm (Ages 7-10)		Inter Jazz 4.45 - 5.45pm (Ages 7-10)		

Grade 2/ 8 by August 2026

2 x syllabus classes per week is compulsory for BALLETT 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		Inter Jazz 5.30-6.30pm (Ages 7-10)		Inter Jazz 4.45pm - 5.45pm (Ages 7-10)		

Grade 3/ 9 by August 2026

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 however 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		Inter Jazz 5.30-6.30pm (Ages 7-10)		Inter Jazz 4.45-5.45pm (Ages 7-10)		Grade 3 Ballet 8.45-9.45am
						Stretch & Strength 9.45-10.15am

Grade 4/ 10 by August 2026

2 x syllabus classes + 1x open class per week is compulsory for BALLEET students in Grade 4. Students don't need to do ballet to do contemporary, stretch and strength, or jazz. 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		Senior Jazz 6.30-7.30pm		Senior Jazz 5.45-6.45pm		Stretch & Strength 9.45-10.15am
						Grade 4 Ballet 10.15-11.15am
						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 \$150. 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 2026

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	Jazz 2.30-3.30pm
	Ballet Syllabus IF 6.30-7.30pm			Pilates / Stretch 6-6.45pm		

St Andrew's Church		Senior Jazz 6.30-7.30pm		Senior Jazz 5.45 - 6.45pm		Ballet Syllabus IF 12.15-1.30pm
						Open Ballet Class (compulsory for ballet students) 1.30-2.15pm

Intermediate/ 12 by August 2026

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		Senior Jazz / Hip Hop 6.30-7.30pm		Senior Jazz / Hip Hop 5.30-6.30pm		

Advanced Foundation/ 14 by August 2026

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		Senior Jazz / Hip Hop 6.30-7.30pm		Senior Jazz / Hip Hop 5.45 - 6.45pm		

Advanced 1/ 15 by August 2026

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