

2026 Term Dates

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|---------------|--|---------------------|
| TERM 1 | Monday 2nd February – Thursday 2nd April | 9 week term |
| TERM 2 | Monday 20th April to Saturday 4th July Public Holiday 25 th April (No Classes) Public Holiday 27 th April (No Classes) Public Holiday 8 th June (No Classes) | 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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11 by August 2026: Intermediate Foundation

12 by August 2026/ Intermediate

14 by August 2026/ Advanced Foundation

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 BALLEET 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 BALLEET 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 | | |

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|--------------------|--|----------------------------|--|---------------------------------|--|---|
| 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 |
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