



C.A.P.A Creative: A 60-minute combination class that incorporates all genres of the Performing Arts: Dance, Drama, Music & Play. The class content includes the fundamentals of Dance, the creativity of Drama and Music appreciation through rhythm and percussion instruments. (This class suits students who are just commencing their Performing arts education).

C.A.P.A Dance: A 60-minute combination class that incorporates all genres of Dance: Ballet, Tap, Jazz & Acrobatics. The class content includes the fundamentals and technique needed for Ballet and Jazz dance, rhythm and skill of Tap, and the strength and flexibility for acrobatics. (This class suits students who are commencing their Dance education).

C.A.P.A Ballet: A 45 -minute class that incorporates all aspects Classical Ballet through the progressive technique of the Royal Academy of Dance (RAD) Foundations, Fundamentals, Technique & Expression..

C.A.P.A AcroDance: A 60-minute class that incorporates safe, effective progressions, and the physical and social skills essential for early childhood development: Strength, Stretching, Limbering, Balance & Tumbling. Bal

Classical Ballet: A system of dance based on formalized movements and positions of the arms, feet, and body designed to enable the dancer to move with the greatest possible agility, control, speed, lightness, and grace. Royal Academy of Dance is a progressive technique that offer students the training, professional development, examination opportunities and choreographs a future in dance for everybody.

Contemporary/Lyrical: Contemporary is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid



dance movements. The term "contemporary" is somewhat misleading: it describes a genre that developed during the mid-20th century and is still very popular today.

Jazz: This high-energy technical dance style has a liveliness that sets it apart from traditional dance forms and includes improvisation. Dancers respond to the music with their body movements, changing their motions with the musicians' spontaneous instrumental creations. Today, jazz has branched out to include various styles, including Broadway, hip hop, funk, Latin, and pop.

Hip Hop: This is a vibrant form of dance that combines a variety of freestyle movements to create a cultural piece of art. Through its three main styles of popping, locking and breaking, hip-hop dance has evolved into one of the most popular and influential styles of dance.

Tap: Is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. The sound is made by shoes that have a metal "tap" on the heel and toe. Two major variations on tap dance exist: rhythm and Broadway tap. Broadway tap focuses on dance; it is widely performed in musical theatre. Rhythm tap focuses on musicality, and practitioners consider themselves to be a part of the jazz tradition.

Musical theatre: Is a genre of theatre where music plays a major role in moving the story forward. It is also what the entertainment industry call "triple threat" (sing, dance, act), however it actually includes four major elements: song, spoken dialogue, acting, and dance. The story and emotional content of a musical are communicated through words, song, music, movement and dance combined with technical aspects of the entertainment as an integrated whole.



Singing: is the activity of performing songs by making musical sounds with the voice. This class teaches the 5 components of Breath, Pitch, Rhythm, Diction and voice and explores all the genres of music, Popular hits, Ballads, Hip Hop, Rock, Country, Soul etc

Drama: is a collaborative form of performing art that uses actors, to present real or imagined events. Students learn all aspects of theatre from Shakespeare to Commedia, Characterisations, Improvisations, Voice, Scene, Script monologues, duologues and a perform a variety of plays.

Acrobatics: Acrobatic Dance, or acro as it is commonly referred to by students and Industry professionals, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line and extension with acrobatic movements in a dance context.

Cirque: Is the genre of new circus, in which a story or theme is conveyed through traditional circus skills. Students will learn different skills such as Aerial Silks, Aerial Lyra, Trapeze, Unicycling, Stilt Walking, Hoops, Tight wire, Contortion, balancing etc.