

# Adult summer programme

Join us this summer for a range of activities designed for dancers aged 18+.

**Dates:**

various, July and August 2023

**Venue:**

RAD headquarters, SW11 3JZ

**Suitability:**

Recommended for age 18+

**Fees:**

£39-122.50



## Adult Ballet and Pilates Summer Course

Monday 17 – Friday 21 July | Improvers, Intermediate and Advanced Levels | 6-9pm

Take part over five evenings of ballet technique and Pilates classes, building a programme to suit your level of experience.

[royalacademyofdance.org/adult-summer](https://royalacademyofdance.org/adult-summer)

## Adult Contemporary and Yoga Summer Course

Monday 17 – Friday 21 July | Open Level | 6.30-8.30pm

Our successful partnership with The Place continues this summer as we welcome back the wonderful Jenny Hayes to deliver a playful fusion of contemporary dance technique and yoga for a week-long course described as 'Uplifting for the mind, body and soul'.

[royalacademyofdance.org/adult-contemporary](https://royalacademyofdance.org/adult-contemporary)

## Elite Syncopations Adult Repertoire Workshop

Saturday 22 July | Level 1 (Improvers +) & Level 2 (Intermediate +)

Take a 2.5-hour workshop delving into the intricacies of Scott Joplin's composition, *Elite Syncopations*, through the art of performance. Includes a classical warm-up and focus on technique, before exploring playful and rhythmic choreography.

[royalacademyofdance.org/adult-repertoire](https://royalacademyofdance.org/adult-repertoire)

## Sleeping Beauty Adult Repertoire Intensive

Saturday 5 & Sunday 6 August | Level 1 (Improvers +) & Level 2 (Intermediate +)

A two-day intensive embracing the technical and dramatic challenges required to perform repertoire from *Sleeping Beauty*. This immersive weekend promises to transport you to a world of grace, elegance, and enchantment.

[royalacademyofdance.org/sleeping-beauty-adult](https://royalacademyofdance.org/sleeping-beauty-adult)

## Meet the teaching team

**Jenny Hayes** toured as professional contemporary dancer following her degree training at Northern Contemporary Dance School, where she first began her Yoga practice. Jenny continues to deliver contemporary and ballet technique classes at The Place, and for Matthew Bourne's, New Adventures dance company, whilst combining her love for Hatha and Ashtanga Yoga practice.

**Damien Lee Stirk** trained at the English National Ballet School before commencing his career as a performer. Graduating from the RAD's Faculty of Education as a teacher, Damien coaches classical repertoire for a number of dance organisations around the world.

**Joshua Tuifua** performed as a soloist with the Royal Ballet Company following his participation in their Chance to Dance programme, which led to the Associates training and further full-time training at White Lodge and the Upper School. Also graduating from the RAD's Faculty of Education as a teacher, Josh leads weekly adult ballet classes.

**Wendy Jardine** has been teaching Pilates for over 12 years, working closely with ballet teachers to share her knowledge of the core-strengthening principles to benefit dancers and avoid injury. Wendy's classes complement the programme with a space for calm connection to your body.

For the dance artists' full biographies, please visit our website.