



**Silver Swans Celebration 2024**  
**Thursday 31 October**

Here's our full programme of live online workshops for this year's Silver Swans Celebration. All events are listed in GMT.

**10:00 – 11:00**

- Exploring Repertoire: *The Nutcracker*, with a focus on the Spanish character dance, with Victoria Selway

**10:30 – 11:00**

- Taster: Standing Pilates for Silver Swans (session 1), with Barbara Wraith

**11:15 – 12:15**

- Taster: Silver Swans for Beginners, with Johanna Hadley
- Introduction: Contemporary dance, with Ellen Yilma-Parmar

**12:45 – 13:45**

- Introduction: Move to the Musicals, with Suki Turner

**14:00-14:30**

- Taster: Standing Pilates for Silver Swans (session 2), with Barbara Wraith

**15:00-16:00**

- Exploring Repertoire: Tarantella from Bournonville's *Napoli*, with Vikki Allport
- Exploring Repertoire: Dance of the Willis from *Giselle*, with Josh Tuifua

**16:30-17:30**

- Introduction: Move to the Musicals, with Hannah Bailes

Key: Levels/Suitability

Beginners

General / Improvers

Open to all

\*Extra fee applies for purchase



Read more about the various online sessions (A-Z) being held for the Silver Swans Celebration and get to know the teachers.

**Exploring Repertoire:** Giselle, with a focus on the Dance of the Willis, with Josh Tuifua

Explore a scene from Act II of this ethereal and romantic ballet. The Queen of the Wilis, Myrtha, appears and summons her ghostly consorts into a dance. Myrtha announces the arrival of a new Wili, Giselle, who rises from her grave.

Josh was a Royal Ballet School Junior Associate before being invited to join The Royal Ballet School, starting at White Lodge before completing his training at the Upper School. Upon his graduation, he joined The Royal Ballet company rising to the rank of Soloist. During his sixteen years with the company, Josh performed numerous roles including: Benvolio (*Romeo & Juliet*), Eros (*Sylvia*), Peter Rabbit & Pigling Bland (*The Tales of Beatrix Potter*) and performed in ballets such as *Monotones II* (Ashton), *Gloria* (MacMillan), *Sinfonietta* (Kylián), *Scenés de Ballet* (Ashton), *Tombeaux* (Bintley), *The Rake's Progress* (De Valois), *Dances Concertantes* (MacMillan) and *Fearful Symmetries* (Page).

Josh also established himself as a character artist performing roles including: Gamache (*Don Quixote*) & Catalabutte (*Sleeping Beauty*) and the High Brahmin (*La Bayadère*). A popular dancer with choreographers, Josh created roles in: *Two-Part Invention*, *Sawdust & Tinsel*, *Cheating Lying Stealing*, *When We Stop Talking*, *Soft Underbelly*, *Hidden Variables*, *This House will Burn* (Ashley Page), *A World of Art*, *Castle Nowhere* (Matjash Mrozewski) and *Masquerade*, *Dance Variations*, *Water in Homage to the Queen* (Michael Corder). After retiring, Josh studied for the Professional Dancers' Teaching Diploma with the Royal Academy of Dance, graduating with Distinction.

**Exploring Repertoire:** *The Nutcracker*, with a focus on the Spanish character dance with Victoria Selway

Learn the steps of *The Nutcracker* Spanish Variation, in preparation for Christmas! In this workshop you will gain an understanding of the technique and discover the choreography of the Spanish variation.

Victoria is a classically trained Royal Academy of Dance teacher, who has achieved her Certificate in Ballet Teaching Studies. She started learning ballet at the age of four in Bedwas Workman's Hall, at the Maria Barinowsky School of Ballet, with the school's founder Maria Barinowsky, and later with its current principal Miriam Riseborough. She is in her final year of the RAD Masters' in Education (Dance Education) programme. She is a qualified DDMIX dance fitness instructor, Barre Concept instructor, Level 3 Progressing Ballet Technique instructor, and a Silver Swans licensee.

Victoria has taught at schools across South Wales and was honoured to teach a character workshop at the inaugural Silver Swans Celebration in 2023. Her performances include the RAD Patrons Parade for Her Majesty The Queen's 90th birthday celebration alongside other RAD faculty members and President Dame Darcey Bussell. She has also been honoured to host a DDMIX MAXIT with Dame Darcey and is now a member of the DDMIX team assisting with the DDMIX for Schools programme.

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### **Exploring Repertoire:** Napoli, with a focus on Bournonville's Tarantella, with Vikki Allport

Enjoy learning a lively Tarantella that brings to life the local colour and the vibrancy of a city in constant movement. The ballet *Napoli* tells the story of a young Italian girl who falls in love with a fisherman.

Vikki is an examiner with the Royal Academy of Dance and a trustee, sitting on the artistic board. Originally from the northeast of England, Vikki started dancing at the age of 5 completing all RAD Grades. She went on to dance professionally in Spain and Abu Dhabi and performed in pantomimes back in the UK. She later opened her dance school, Ballet Studio de Vicky Allport, in Mexico, where the focus was providing an excellent ballet education for children, she also taught classes in jazz fit and adult ballet. During this time Vikki choreographed shows for Mexican artistes, performed in music videos and completed her RAD Teaching Diploma, graduating with Distinction.

Vikki has since taught at Brighton College as Head of Ballet for 12 years, teaching all ages from 2 upwards. She is currently a freelance teacher and coach, and tutors on the RAD's Certificate in Ballet Teaching Studies and delivers the Silver Swans Licensee CPD.

### **Introduction:** Move to the Musicals, with Hannah Bailes

Celebrating the very best of the West End and beyond, with jazz-inspired movement to the soundtrack of new musicals, fan favourites and old classics. Designed to help support improvements in posture and balance, through a variety of exercises and movement sequences.

Hannah is a community dance artist, educator and teacher. Having achieved a Performing Arts degree at St Martin's College, and completing a Masters' in Dance Studies, at Trinity Laban Conservatoire of Dance and Music, Hannah also went on to qualify as a teacher of dance with the Middlesex University. Her teaching practice spans 15 years, including work within community settings, primary and secondary schools, and further education institutions. Hannah was a key member of the European Parliament Dance and Wellbeing in Mental Health discussions and is an ambassador for the Dance and Creative Wellness Foundation based in the Netherlands. She also contributed to the Dance for Lifelong Wellbeing research and conference held at the Royal Academy of Dance. Hannah regularly performs a variety of dance styles at festivals and events all over Europe and the UK.

### **Introduction:** Move to the Musicals, with Suki Turner

Celebrating the very best of the West End and beyond, with jazz-inspired movement to the soundtrack of new musicals, fan favourites and old classics. Designed to help support improvements in posture and balance, through a variety of exercises and movement sequences.

Suki was a founder member of the 'Dance for Lifelong Well Being' initiative, set up by the Royal Academy of Dance, focusing on dance and exercise for older participants. From there the Silver Swans programme was born of which Suki is a founder member. Silver Swans are ballet classes adapted to the over 55s. Queen Camilla is a Silver Swan!

Suki now teaches 4 weekly Silver Swan classes. Some of the dancers from these classes have taken their Grade 3 and 4 Class Award exams and recently took part in the Isle of Wight Dance, Drama and Singing Festival where they came first in their group! Suki also teaches tap and



hosts a weekly zoom class for those with Parkinsons. Once a month she has fun with exercise to those with dementia in Newport.

Suki will be seen in the new RAD videos, demonstrating the class guidelines and exercises for RAD Silver Swans teachers and Seated Exercise.

### **Introduction:** Contemporary dance for older learners, with Ellen Yilma-Parmar

A fun and engaging session that will use contemporary techniques to support moving creatively.

Ellen trained at Tring Park School for the Performing Arts, before joining London Contemporary Dance School, where she graduated with a BA (Hons) and MA with Distinction. She was recognised as dancer of the month in the Dancing Times February edition 2020 and has performed extensively in the UK and internationally with seminal companies in the British dance scene. These include Richard Alston Dance Company, Shobana Jeyasingh Dance, Clod Ensemble, Tavaziva, Joss Arnott Dance (with Annabelle Lopez Ochoa), Akademi (with Jose Agudo), IJAD Dance Company, Second Hand Dance and Watkins Dance Company. Alongside her performance work, Ellen has taught workshops across the UK, as part of company outreach. She has also taught at The Place, and at Tring Park School; as a contemporary teacher for their associate programme and the main school. She currently works within the Examinations and Regional team at the Royal Academy of Dance.

### **Taster:** Silver Swans for Beginners, with Johanna Hadley

Join experienced Silver Swans Licensee, Johanna Hadley, for an online taster Silver Swans ballet class, suitable for complete beginners or those wishing to refresh the basics. You will have the opportunity to learn some beginner ballet barre work, centre work and even explore repertoire from a famous ballet. This gentle online Silver Swans class can be accessed from anywhere in the world and is specially adapted for a smaller home environment.

Johanna Hadley is a Silver Swans licensee at the Janet Lomas School of Dancing. It was here, at their family-run ballet school, that Johanna started her dance teaching career. The school was founded 46 years ago by her mother, Janet Lomas, who is an RAD Life Member.

She began teaching Silver Swans classes as part of the Royal Academy of Dance's Silver Swans pilot programme in September 2017 and her Silver Swans classes have since been widely featured in the media, including BBC Two's *Darcey Bussell: Dancing to Happiness*, *ITV Tonight: How To Age Well?* with Martin Kemp, *BBC North West Tonight*, *The Times*, *The Telegraph*, *The i* newspaper, *Daily Express*, *BBC Radio Manchester*, *Caters News*, *Woman's Weekly*, *Breathe Magazine*, World Ballet Day, and RAD@Home.

Johanna teaches online ballet classes for children, adults and Silver Swans, with participants joining her live Zoom classes from across Europe, the Americas, Asia and the Middle East. She also runs a thriving online Silver Swans community, with multiple live online classes accessed globally each week by dancers of all ages, ranging from complete beginners to experienced dancers. In 2024, she was shortlisted by the Royal Academy of Dance for their 'Innovation in Dance Award' for her online ballet classes. She is also a regular Silver Swans tutor for both Carers UK in their online Share and Learn Sessions, and for the Royal Voluntary Service in their Virtual Village Hall.

Johanna holds her Associate of the Royal Academy of Dance (ARAD), Licentiate in Imperial Classical Ballet (LISTD), Level 3 Progressing Ballet Technique, Level 2 Chair-Based Exercise and is

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fully qualified in Dance for Parkinson's. As a teenager, she also studied as a pianist at Chetham's School of Music and holds her Licentiate in Piano Recital (LTCL) and Associate in Music Theory and Composition (AMusTCL) – an extensive musical education that she firmly believes aids her dance teaching practice today.

**Taster:** Standing Pilates with Barbara Waith

Enjoy a warming Pilates Class, providing ideas for how to incorporate Pilates stretches into your morning routine. Learn about some of the Pilates fundamentals with sequences that can be enjoyed safely on a daily basis without a mat.

Barbara is an IDTA-qualified instructor and now teaches Silver Swans in the Wisbech and Peterborough areas of Cambridgeshire, alongside teaching Pilates with 20 years experience delivering classes for Bannatynes, Virgin Active and Vivacity.