

## Silver Swans Celebration 2024 Friday 1 November

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

**09:00** Arrival and registration

**09:45 – 10:45**

- **Class: General Level Ballet Technique**, with Vikki Allport
- **Exploring Repertoire: *The Nutcracker***, with a focus on the Spanish character dance, with Victoria Selway
- **Introduction: Move to the Musicals (session 1)**, with Hannah Bailes
- **Natural Movement: Influenced by Classical Greek Dance**, with Ginnette Brookes

**11:00 – 12:00**

- **Class: Gentle & Steady Ballet Technique**, with Sarah Platt
- **Exploring Repertoire: *Giselle*, Dance of the Willis**, with Josh Tuifua
- **Exploring Repertoire: *Napoli*, a Tarantella**, with Vikki Allport
- **Introduction: Move to the Musical (session 2)**, with Hannah Bailes

**12:05 – 13:05**

- **Class: General Level Ballet Technique**, with Sarah Platt

**12:15 – 13:15**

- **Class: Improvers Ballet Technique**, with Vikki Allport
- **Exploring Repertoire: *Les Sylphides***, a romantic Waltz, with Emily Dart
- **Exploring Repertoire: *Don Quixote***, with Josh Tuifua

**13:10 – 14:10**

- **Class: Improvers Ballet Technique**, with Sarah Platt
- **View the filmed performances**

**13:30 – 14:00** Lunchtime 30-minute tasters

- **Class: Uplifting Classical**, with Becks White
- **Standing Pilates**, with Barbara Waith
- **Choreography & Improvisation: Creative Enchainment**, with Judy Fitt-Dixon
- **View the filmed performances**

**14:15 – 15:15**

- **Choreography & Improvisation: Feeling and Forming**, with Erica Bront
- **Exploring Repertoire: *La Bayadère***, a Waltz, with Josh Tuifua
- **Exploring Repertoire: *Swan Lake***, with Victoria Selway
- **Introduction: Contemporary dance**, with Ellen Yilma-Parmar
- **Class: Seated Swans**, with Sarah Platt
- **View the filmed performances**

**15:45 – 17:00**

- Performance in the Aud Jebsen Studio Theatre\*\*

Read more about the various sessions (A-Z) being held as part of the Silver Swans Celebration 2024, and get to know the presenters.

Key: Levels/Suitability

Beginners

General/Improvers

Licensee focused

Open to all

\*\*Extra fee applies for purchase audience tickets for the performance.



### **Choreography & Improvisation:** Creative Enchainment with Judy Fitt-Dixon

Ideas for creating enjoyable enchainment and short dances focused on Creative Choreography, with limited vocabulary.

Judy trained at Elmhurst Ballet School from 1958-1964 and went on to teach for the Madeleine Sharp School of Dance. Achieving her BSc Hons and PGCE, she became a Lecturer in higher education, before training as a Silver Swans licensee in 2018.

### **Choreography & Improvisation:** Feeling and Forming with Erica Bront

Through inner listening, improvisation, and contact with the music and the other dancers, we let movement and choreography fill the space, to bring home a little treasure of created dance.

Erica Bront began studying ballet (Cecchetti method) and character dance aged 6, under the guidance of Bianca Valcher and Cornelia Krelis, in Udine. She moved to London where she enrolled in a course at the Stella Mann School of Dancing, where she achieved all her RAD examinations and also reached the Imperial Society of Teachers of Dancing (ISTD) Advanced 2 level, in the disciplines of ballet, modern and folk dance. Erica completed the Solo Seal programme, the highest level of study in the RAD.

Erica has taught in Italy at the Ballet Center, directed by Lucia Galli, and later returned to Stella Mann to teach their vocational courses. She has a Teaching Diploma from the RAD, and also practices yoga, Tai Chi and the Rio Abierto method.

Since 2011, Erica has been a mentor and practical teaching supervisor for the RAD. In recent years Erica has evolved her knowledge of community dance and dance that is accessible to everyone and continues her study of dance and lifelong wellbeing as a Silver Swans Licensee.

**Class:** General Level Ballet Technique with Vikki Allport

**Class:** General Level Ballet Technique with Sarah Platt

Suitable for those who have some previous experience.

**Class:** Gentle & Steady Ballet Technique with Sarah Platt

A gentle approach, suitable for those who are new to class or have been participating for a short time.

**Class:** Improvers Level Ballet Technique with Vikki Allport

**Class:** Improvers Level Ballet Technique with Sarah Platt

Suitable for those who enjoy working at a quicker pace with more complex movement and have been attending Silver Swans classes for 2+ years.

**Class:** Seated Swans with Sarah Platt

This Dance for Life class is general level, open to all regardless of experience.

Sarah trained with the Royal Academy of Dance (RAD) through the syllabus grades, before joining the Teacher Training College (now the Faculty of Education), a distant-learning degree course, into postgraduate education. Research in 'Inclusive Dance Practice' at Postgraduate level instigated an interest in more diverse teaching.



Sarah was part of the RAD Dance for Lifelong Wellbeing (DfLW) project in 2012, undertaking practice based research into the benefits and considerations when teaching older learners to dance. Having contributed to the RAD Report (2013) and presented at the DfLW conference (2013), she participated in the second phase of the DfLW project (2017) and acted as mentor to other researching teachers. From these beginnings came the creation of the RAD Silver Swans Ballet programme, formally launched in 2017, the benefits of which Sarah is passionate about.

Sarah has had the opportunity to share the joy of Silver Swans in many contexts, particularly during the pandemic when there was a surge of interest in ways to keep fit and healthy whilst isolating or in lockdown. Sharing enthusiasm through various media and presenting in a range of situations contributed to her earning the RAD Advocacy Award in 2020. Her latest project has been developing the Seated Swans programme so that even more people can share the joy of dance. Sarah currently enjoys teaching Silver Swans in a wide range of contexts, from church halls, through Zoom and at the RAD. She has the great honour of teaching our prestigious Swan, Queen Camilla, whenever Her Majesty's diary permits.

### **Class:** Uplifting Classical with Becks White

A heart-warming and uplifting class, incorporating a centre warm-up, barre work, and a revitalising reverence - all set to beautiful music to transform your mindset.

Becks is a dance, fitness, and Yoga teacher who has been teaching across Herefordshire for 12 years. She was on the first pilot training for Silver Swans, and her classes took off from the start. Becks teaches three Silver Swans classes a week and seated Swans classes in care homes and the community.

Her varied qualifications include: Exercise to Music Level 2, Level 3 Pre & Post Natal, ACTIVE IQ Teaching Physical Fitness to Young People, 200 Hour Yoga Diploma, Groovy Kids Yoga, Licensed RAD Silver Swans Teacher, a qualified member of the EDMP (Exercise Dance and Music Partnership) Zumba, Fitsteps, Street Fit, Ballestics, BarreConcept & BarreFloor, ChiChi FIT, Seated Fitness - Dancing Memories.

**Exploring Repertoire:** *Giselle*, with Josh Tuifua

**Exploring Repertoire:** *Don Quixote*, with Josh Tuifua

**Exploring Repertoire:** *La Bayadère*, with Josh Tuifua

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:** *Les Sylphides*, a romantic waltz with Emily Dart

Discover the beauty of Mikhail Fokine's short romantic ballet. This workshop explores the charming use of the upper body and gestures to create mood and atmosphere in this unique non-narrative ballet.

Emily has been a registered teacher with the RAD since July 2007, graduating as the very first cohort of the BA(Hons) Ballet Education degree, and has led the award winning Barinowsky School of Ballet in Cardiff since 2012, teaching children aged 3-18 years alongside over 50 regular Silver Swans attendees.

Passionate about inclusively and spreading the joy and benefits of dance within the local community, Emily has volunteered for English National Ballet's Dance for Parkinsons programme, delivered GCSE dance across South Wales and is a teacher for the inclusive dance charity Flamingo Chicks. Her work with Flamingo Chicks involves delivering bespoke classes for all children including disabled children and those with illnesses such as cancer in schools, hospices and community settings.

Emily understands the value of dance and it's power to transform lives, providing a safe space where all participants can express, grow and be themselves.

### **Exploring Repertoire:** *Swan Lake*, take flight, with Victoria Selway

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

Find your wings and fly in a ballet class which culminates in the teaching of the Odette Variation from *Swan Lake*. Dancers will learn exercises throughout the class that will build up to the adapted choreography of the beautiful *Swan Lake* repertoire, with participants learning how to transform their arms into wings.

Or 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.



### **Exploring Repertoire:** Tarantella from Bournonville's *Napoli*, with Vikki Allport

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

Originally from the northeast of England, Vikki's passion for dance ignited at the tender age of five. She progressed through her RAD grades and vocational exams, embarking on the Student Teaching Certificate of the RAD at 16. Alongside her studies in modern, tap, and musical theatre, her determination led to a successful career as a professional dancer and choreographer, working both in the UK and internationally. Settling in Mexico, where she completed her RAD Teaching Diploma, Vikki founded and nurtured a highly successful dance school and youth ballet company, which had the opportunity to perform with the Acapulco Philharmonic Orchestra. She has also performed in musical groups, appeared in videos and Mexican soaps, and choreographed shows for various pop artists.

Returning to the UK in 2007, she became head of ballet at a prestigious independent school and, shortly after, an examiner for the Royal Academy of Dance. Now a freelance teacher and coach, Vikki continues to dedicate her time to the RAD, serving as a trustee and a member of both the artistic and examinations subcommittees. She is a Continuing Professional Development (CPD) tutor, a Silver Swans tutor, and a mentor and tutor for the RAD's Teaching Certificate course (CDT). Additionally, she has participated as a judge in various university competitions. Vikki's latest accolades have come from winning various ballroom competitions, and her motto is 'Dance is for life'.

### **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.

### **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 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.

### **Natural Movement:** Influenced by Classical Greek Dance with Ginnette Brookes

An opportunity to explore more methods of increasing flexibility, building strength and developing flow and expression using the influences of natural movement and Classical Greek dance.

Classical Greek dance was devised by Ruby Ginner as a natural dance form and, as such, uses exercises for all parts of the body that can be easily adapted for older learners to carefully build strength in legs and arms and support a greater use of flow in the body. These ideas can be used as part of your ballet class, both seated and standing, and bring another dimension to movement.

Ginette Brookes is Silver Swans Licensee, who trained originally at the ISTD London College of Dance and Drama, gaining her Diploma in dance teaching and ISTD qualifications in 1988. She has taught in various settings through the years, private dance schools, primary and secondary schools and clubs and associations, and currently focuses on adult classes in Leicestershire, teaching ballet, tap and dance exercise, alongside Silver Swans-focused ballet sessions, delivering predominantly seated dance sessions in care homes and community centres.

### **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.