

CANTERBURY  
BALLET &  
DANCE ACADEMY

Creating Legacies of Dancers Since 1979



**PRE PROFESSIONAL TRAINING PROGRAM  
COURSE INFORMATION 2025**

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# PHILOSOPHY & OVERVIEW

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Mastering any skill requires not only doing your best but also striving to achieve the highest standard possible. For a dancer, this means transitioning from simply approaching dance—or any pursuit—with enthusiasm, energy, and natural ability to adopting a mindset focused on surpassing natural limits.

Every individual's natural ability has a ceiling—a point where progress seems to plateau. This ceiling varies from person to person, and often, when it is reached, the individual moves on to a new pursuit with fresh enthusiasm. However, those who take a purposeful approach look at this ceiling and ask themselves, “I’m still committed to growing—what are my options?”

At Canterbury Ballet, we created the PPT Program specifically for dancers committed to ongoing growth. We recognised the need for changes in timetable options to prevent burnout in young people who aspire to become exceptional dancers while also excelling in other pursuits, in addition to maintaining a healthy and balanced life. The program enables students to dedicate the necessary, physically safe, and appropriate time to their training while offering flexible options. This allows them to design a program that supports their growth and helps them realise their potential without compromising their schooling or other ambitions.

In the age of social media, it's easy for dancers to focus on short-term goals like titles, trophies, and likes, rather than the long-term success of a fulfilling career. At Canterbury Ballet & Dance Academy, we prioritise your growth and longevity as a dancer, ensuring your training is geared toward meaningful, enduring achievements—not just fleeting recognition.

Your relationship with us doesn't end when you leave our studio. Even after graduation, you remain part of the Canterbury Ballet family. We are committed to supporting your journey, offering guidance and assistance as you navigate your future, ensuring you always have direction and opportunities to thrive.

The PPT Program has been available for several years, and our alumni stand as a testament to the outstanding results and outcomes this program achieves. Our legacy of dancers since 1979 can be seen in all corners of the world. From graduates currently embarking on the next stage of their professional training at world-renowned schools, to those who have completed their professional careers in top companies and are now directing dance companies, creating as leading choreographers, or running their own dance schools. The journey doesn't end with a professional dance career—embarking on this path opens countless opportunities, all exciting and filled with promise for a fulfilling life ahead.

"THE MOST ESSENTIAL THING IN DANCE  
DISCIPLINE IS DEVOTION"

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- MERCE CUNNINGHAM



# COURSE & TIMETABLE OVERVIEW

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The Pre-Professional Training Program at Canterbury Ballet caters to vocational students aspiring for a professional career, or competitive students who wish to extend their training. Our program provides specialised training for Classical Ballet, Contemporary, and Modern Dance majors. Admission to the PPT Program is by invitation or audition only. The PPT Program is open to students from ages 8-18

The PPT timetable has been designed to be incredibly flexible, ensuring that our students maintain the vital balance needed for healthy adolescence. While we are firm believers in helping students strive for excellence in dance, we also recognise the importance of allowing them time to nurture friendships, pursue other interests and hobbies, and spend quality time with their families. This holistic approach not only helps students develop as dancers but also as well-rounded young adults. By fostering a balanced lifestyle, we prepare them for the future, ensuring they thrive when it's time to leave home and embark on their careers. Ultimately, this contributes to a long and successful career, where individuals are happy, self-aware, and confident in themselves as people.

Versatility in the dance world is essential for a long and successful career, and our timetable is designed to reflect this. Whether you're aiming for a professional classical career, where many companies include a significant portion of their repertoire in modern or neo-classical styles, or pursuing a path in modern or contemporary dance, ballet forms the foundation of your technique. This strong technical base is crucial for excelling in any style. Additionally, ballet is often the first style showcased in auditions, before transitioning to modern or contemporary work, making it an essential part of your training.

PPT students are able to create a training program that fits perfectly with their schedule and family needs. You are able to choose classes based on your level, either from the After-School or PPT Program, on any given day.

While there are no 'mandatory' hours, we have provided recommended training hours for each level to achieve the best possible outcomes.

# PROGRAM TRAINING HOURS

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*As recommended by leading health and dance professionals*

The weekly training hours for the Canterbury Ballet PPT Program adheres to the guidelines established by the Jacqueline Onassis School of the American Ballet Theatre, a globally recognised institution with whom we partner. Our faculty advises dancers not to exceed the recommended training hours for their respective levels. The program is structured to facilitate the establishment of a robust technical foundation, fostering proper muscular strength and proportional development in alignment with the dancer's age and physical growth. This approach aims to minimise the risk of injuries.





# PROGRAM OUTLINE

The PPT Program offers flexibility, allowing students to create a personalised training schedule to meet their recommended hours, either through daytime classes, after-school classes, or a combination of both. For Levels 1-3, we understand that many students prefer not to leave school during the day. Therefore, for these levels, students can complete the PPT Program entirely through after-school classes.

Pre Professional Trainees must attend a diverse set of classes each week, as specified below. This requirement ensures that each student graduates as a versatile and adaptable dancer, aligning with the demands of the professional dance world.

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## **Primary and Level One:**

**5-7 hours of class time, consisting of:**

-Classical Ballet (ABT Syllabus), Modern Dance, 1x 30 minute private lesson & a minimum of 1 Junior Competition Team.

## **Level Two:**

**8-10 hours of class time, consisting of:**

-Classical Ballet (Open & ABT Syllabus), Modern Dance, 1x 30 minute private lesson & a minimum of 1 Junior Competition Team.

## **Level Three:**

**11-13 hours of class time, consisting of:**

-Classical Ballet (Open & ABT Syllabus), Modern Dance, 1x 30 minute private lesson, 2 Junior/Intermediate Competition Teams & one body conditioning/stretch class per week.

## **Level Four:**

**14-17 hours of class time, consisting of:**

-Classical Ballet (Open & ABT Syllabus), Modern Dance, 1x 30 minute private lesson, Senior Modern Team, 2 Competition Teams & one body conditioning class per week.

## **Level Five:**

**18-20 hours of class time, consisting of:**

-Classical Ballet (Open & ABT Syllabus), Modern Dance, 1x 45 minute private lesson, 3 Competition Teams & one body conditioning/stretch class per week.

## **Level Six, Seven & Graduate:**

**21-23 hours of class time, consisting of:**

-Classical Ballet (Open & ABT Syllabus), Modern Dance, 1x 45 minute private lesson, 3 Competition Teams & one body conditioning/stretch class per week.

"I MAY NOT BE THERE YET, BUT I AM CLOSER  
THAN I WAS YESTERDAY"

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- MISTY COPELAND





# COURSE INCLUSIONS

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**Students enrolled in the PPT Program enjoy the following inclusions as part of their fees and annual program:**

- 1:1 Annual Goal Setting and Review Meeting
- Ongoing Support with Timetable Structuring
- Personalised Guidance and Assistance in Preparing for Audition Videos, Summer Intensives, Professional Training Programs, and Competitions
- Annual Dance Photoshoot with a Professional Photographer
- Additional Classes with Guest Tutors
- Automatic Entry into Competition Teams and Solos
- First Priority for Private Lessons
- Priority Acceptance into the CB Teacher Trainee Program
- Unlimited Access to the Studios for Self-Practice (subject to availability)
- Eligible for Consideration for Paid Dance Opportunities or External Performance Engagements

# GUEST TUTORS

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We firmly believe that working with a diverse range of teachers, tutors, and industry professionals is essential for a dancer's journey to excellence. Each year, our studio invites top dance professionals to collaborate with our students. As PPT students, additional classes with these experts are included in your course fees. In the past, industry professionals who have worked with Canterbury Ballet & Dance Academy include Laura Saxon-Jones, Kase Craig, Medhi Angot, Quinn Annemans, Sarah Foster-Sproull, Kayla Paige, Conrad Goodhew, and Erin Riddell. Students will be notified of upcoming classes with guest tutors as the information becomes available throughout the year.



# CANTERBURY BALLET & DANCE ACADEMY ALUMNI

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Ayiana Lo-Fo-Wong  
Canterbury Ballet Graduate  
Awarded a Scholarship to Joffrey Ballet New York  
Currently Dancing as an Apprentice with the State Ballet of Georgia



CANTERBURY BALLET

# OVER 40+ YEARS OF SUCCESSFUL GRADUATES

————— SINCE 1979 —————

**Canterbury Ballet & Dance Academy graduates have built successful careers worldwide. Some of the opportunities they have secured include:**

## **Professional Training Schools:**

ABT Jacqueline Kennedy Onassis School  
Australian Ballet School  
Berlin State Ballet  
Brent Street  
Complexions Contemporary Ballet  
Ettingshausens Dance Theatre  
European Ballet School  
Ev & Bow  
Joffrey Academy Chicago  
Joffrey Ballet School New York  
National Theatre Ballet School  
New Zealand School of Dance  
Palucca Academy Dresden  
Princess Grace Academy  
Queensland College of Dance  
Queensland National Ballet School  
San Francisco Ballet  
Sydney Dance Company Trainee Program  
Transit Dance  
Trinity Laban  
Victorian College of the Arts  
Victorian State Ballet Trainee Program  
Washington School of Ballet

## **Companies:**

Aspen Santa Fe Ballet  
Australian Ballet Company  
Ballet Theatre Yugoslavia  
Chunky Move  
Disney Hong Kong  
Disney Paris  
European Ballet  
Footnote Dance Company  
Halberstadt City Theatre  
Melbourne City Ballet  
Metropolitan Opera New York  
Paul Taylor Dance Company  
Princess Cruise Lines  
Royal New Zealand Ballet  
San Diego Ballet  
Santamaria Compañia de Danza  
Singapore Ballet  
Stadt Theater Bern  
State Ballet of Georgia  
Swiss National Ballet  
The Australian Ballet  
Victorian State Ballet  
Vienna Opera Ballet

# AUDITION INFORMATION

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Students can choose to audition in person or submit a video audition. To schedule your in-person audition, please email us to book a date. If you're submitting a video audition, please ensure your video is no longer than 10 minutes and includes the following footage:

## **BARRE EXCERISES**

Plie  
Tendue  
Adage  
Grand Battement

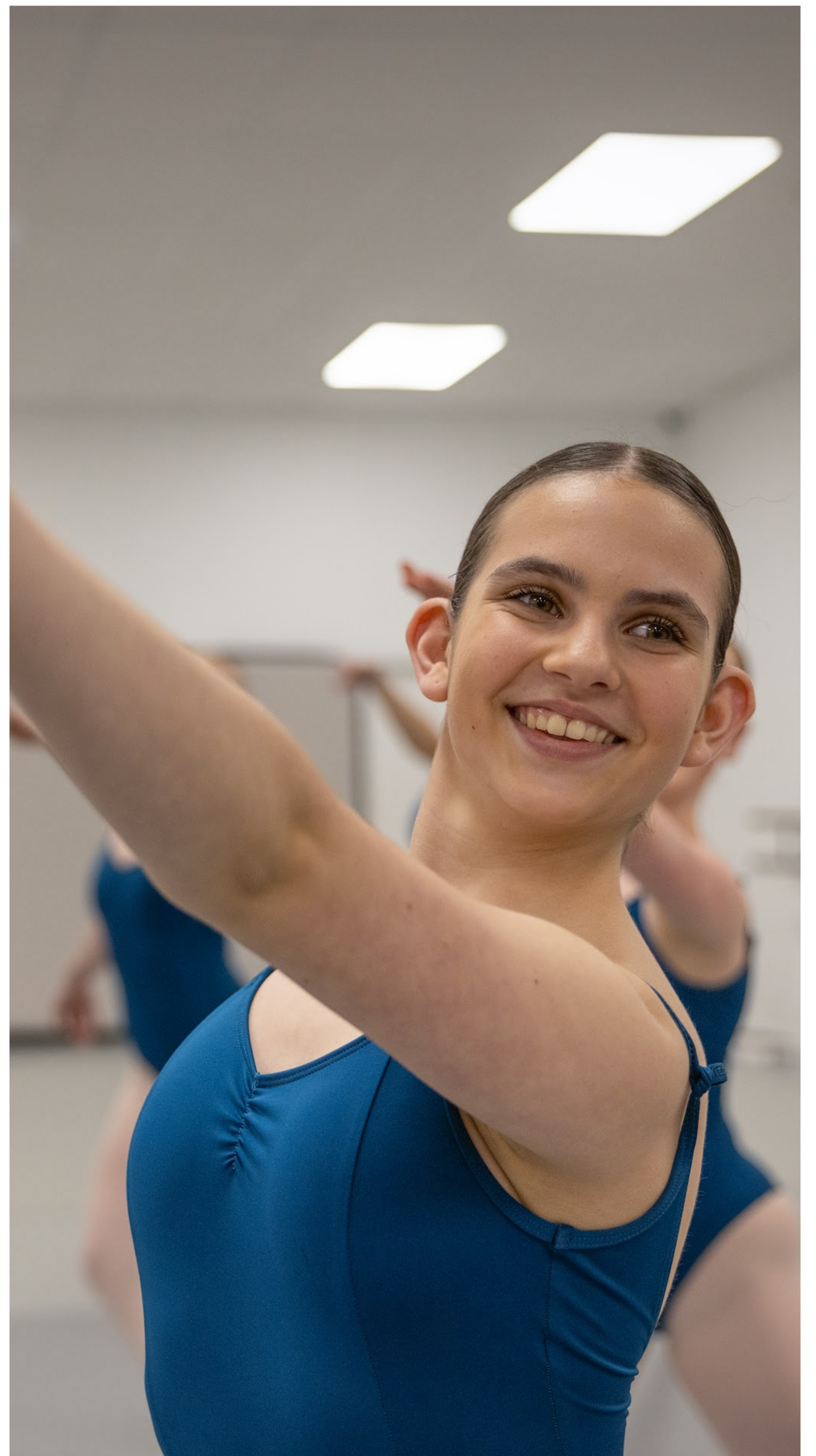
## **CENTRE EXCERISES**

Pirouette  
Adage  
Petit Allegro  
Grand Allegro  
Simple Pointe Work (if applicable)

## **SOLO FOOTAGE**

\*This may be outside the 10-minute video limit for class work

Footage of a Classical or Modern Solo. Classical/Pointe Solos, Variations, Lyrical, Jazz, and Contemporary styles are all acceptable. This can be performed either onstage or in the studio.



For current Canterbury Ballet & Dance Academy students, please email us to schedule an appointment to discuss if the PPT Program is the right fit for you.

