



Young Academy Class Opportunities

Class	Level	Time	Day	Studio
Street Dance	8-12yrs	5.30-6.15pm	Tues	Inspire Studio
	13+ Advanced	6.15-7.15pm		
Tap	13yrs+ Grade 3&4	5.00-5.45pm	Tues	Oxygen Studio
	8-12yrs Grade 2	5.45-6.30pm		
Speech & Drama	8-11yrs Grade 1&2	4.45-5.45pm	Weds	Inspire Studio
	12-14yrs Grade 3&4	5.45-6.45pm		
	15yrs+ Grade 5&6	5.45-6.45pm		
GCSE Dance	14yrs+	4.45-6.45	Weds	Oxygen Studio
Modern Jazz	8-11yrs+ Grade 1&2	5.30-6.15pm	Thurs	Inspire Studio & Oxygen Studio
	12-18yrs Grade 3&4			
Ballet	11-14yrs Grade 2	6.15-7.00pm	Thurs	Inspire Studio & Oxygen Studio
	14-17yrs Grade 3&4	7.00-7.45pm		
	15yrs+ Grade 5&6	7.00-7.45pm		
Pointe Work	12-18yrs	6.15-7.00pm	Thurs	Oxygen Studio
HyperStageCraft*	8-9yrs	11.00-12.30pm	Sat	Inspire Studio
	10-11yrs			
	12-13yrs	12.00-2.00pm		
	14yrs+			

Note: All ages are approximate as an initial assessment will be carried out to assess the level of skill & technique

Young Academy Class Opportunities 8-18yrs

Life & Soul
ACADEMY

www.lifeandsoulacademy.co.uk/young_academy
Tel: 01442 233 050



SPRING 09

Young Academy Class Opportunities



Tap

Rhythmically challenging and a thoroughly enjoyable take on traditional tap working towards IDTA grades

Speech & Drama

Enrich your skills in drama with speech, vocal and dramatic arts training working towards LAMDA examinations

GCSE Dance

Insights to the art of choreography, practitioners & history of dance. Discover dance both practically & theoretically

Modern Jazz

Powerful contemporary jazz style, requiring energy & stamina

Ballet

The backbone to every dance technique-challenging, powerful & elegant, a must for ambitious performers

Pointe Work

Fitness, strength & flexibility training for dancers – amalgamating aerobics, yoga & Pilates to support the demands of working en Pointe

HyperStageCraft*

Superb for budding performers- combination of Tap, Ballet, Jazz, Street, Lyrical & Musical Theatre Dance, Singing, Vocal & Drama training including mime, free expression, visualisation & techniques to secure a potential for a career in musical theatre

Workshop Opportunities



Street Dance

Learn the latest music video, urban contemporary moves fused with energetic choreography incorporating poppin' & lockin'

Ballroom & Latin American

Strictly...fantastic! Learn the moves of Waltz, Rumba, Cha Cha Cha, Quickstep, Tango & Jive

Cheerleading

Join the Life & Soul Cheer Squad in this highly motivational, team spirited class. Learn the fast & furious moves & chants of this US phenomenon

Contemporary

A must for aspiring choreographers and teachers. Contemporary is the most expressive and inventive of dance styles, pushing your body through new boundaries.

Tuition fees

30 mins £3.50

45 mins £4.50

1hr £5.50

membership per academic year £25

*exclusive
to Life & Soul Academy



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