

Dance and Pilates Classes at St George's Ascot

in association with

The Natalie Vinson School of Dance & Drama Ltd



RAD Ballet, Contemporary Dance, Pilates, Pointework and Conditioning, Modern/Street Dance, Tap Dance Acro, Dance GCSE and Zumba©

Dance is extremely popular at the School and the girls have the opportunity to complete RAD and ISTD Examinations, as well as taking recreational classes. All dancers perform in the annual Jazz and Dance Show in May in the Sue Cormack Hall.

Dance lessons at St George's are provided by the multi award winning Envy Performing Arts, an associate branch of NSVDD (Natalie Vinson School of Dance and Drama) which has won five prestigious Dance School of the Year Awards in the past six years. Girls can choose from classes in Ballet, Pointework and Conditioning, Tap, Contemporary Dance, Zumba, Street Dance, Pilates and Acro, with lessons tailored to suit all abilities.

Please note that group classes are three or more pupils. The scheduling of classes on Monday - Thursday evenings is completed in September and reviewed each term in the light of pupil demand. Day girls will have most lessons organised after the completion of lessons between 4.15pm and 6.45pm whilst boarding pupils may have classes in the early evening. Classes will begin in the first full week of term.

Classical Ballet: Students follow the RAD syllabus (Royal Academy of Dance) and have the opportunity to take Graded & Vocational examinations. Lessons can also be taken as a recreational activity.

Group Classes Grade 3-5 £104.00 | Group Classes Grade 6-8 £115.00 | Vocational Group Classes £150.00
1:1 Classes £285.00 (30 mins) or £400.00 (45mins) or £500.00 (60mins).

Pointework & Conditioning: This class is suitable for girls in Grade 4 Ballet & above who wish to be considered for a RAD Ballet examination. Students will improve their strength and flexibility through stretching and Pilates based exercises. Additionally, girls will do pointe-work or pointe preparation. Group Classes - £104.00.

Contemporary Dance: Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. Group Classes - £104.00.

Pilates: Pilates is a popular form of exercise that focuses on the core postural muscles. These help to keep the body balanced and are essential for providing support for the spine. Pilates improves flexibility and teaches awareness of breath control. It requires focus and concentration.

Group Classes - £104.00. 1:1 Classes £285.00 (30mins) or £400.00 (45mins) or 500.00 (60mins).

Zumba®: Zumba is a popular aerobics/ fitness class. Zumba combines Latin and International music with a fun and effective workout system. Group Classes - £104.00.

Tap Dance: Tap has its roots in Harlem, USA. It involves the use of the ankles and feet incorporating different beats and rhythms to music. Not only is it a very popular form of dance but it's good fun too!

Private Individual Classes: £285.00 (30 mins) Lessons can be shared by girls of a similar standard.

Modern/Street Dance: Students have the opportunity to learn some of the best dance moves as seen on TV and Film. These classes are a great way to learn dance, keep fit and have fun at the same time. Group Classes £104.00.

Acro: Acro is a form of movement which combines dance with gymnastics. While all dance is physical, Acro is particularly athletic and has unique choreography due to its use of acrobatics in a dance environment. It seamlessly fuses elements of lyrical gymnastics, tricks, balancing, tumbling, ballet and jazz. £104.00 per term.

Dance GCSE: A new two-year course will commence in September 2022 (this course is held off-site, at the Marist School in Ascot). This is suitable for girls who will be in Year 9 or Year 10 in September 2022. For more information contact nvsd@stgeorges-ascot.org.uk