

TPA Curriculum

TPA offers a wide range of classes throughout the week incorporating the core subjects of ballet, tap and modern along with singing, acting, jazz, contemporary, acro, street dance and progressing ballet technique (PBT). TPA also offer adult classes in ballet, tap, pilates and Dance for Parkinson's.

Changes may occur at the discretion of TPA management. Classes may be removed from the timetable either temporarily or permanently depending on demand. TPA also reserves the right to consider experience as well as age when placing pupils in non-syllabus classes. Please note the following are meant as a guide only and do not describe detailed content.

Ballet (RAD) and Tap & Modern (ISTD) Syllabus Classes

Young Performers

For ages 7+. These classes develop skills in singing & acting (with a musical theatre feel) with an emphasis on the creative process. Pupils are expected to come with a desire to grow and develop their skills in a professional manner.

Intermediate Performers

For ages 10+. These classes develop skills in singing & acting (with a musical theatre feel) with an emphasis on the creative process. Pupils are expected to come with a desire to grow and develop their skills in a professional manner.

Advanced Performers

For ages 13+. These classes develop skills in singing & acting (with a musical theatre feel) with an emphasis on the creative process. Pupils are expected to come with a desire to grow and develop their skills in a professional manner.

LAMDA / one-to-one Singing

Please contact Joe.Ashman@tringpark.com for further details and enquiries.

Baby Ballet

For ages 3+. A ballet class for young children based on imaginative sequences that encourage the children to explore movement to music. The children learn about control, spatial awareness and rhythm. An introduction to all forms of dance and a preparation for graded ballet classes.

Baby Tap & Modern

For ages 3+. A tap & modern class for young children based on imaginative sequences that encourage the children to explore movement to music. The children learn about control, spatial awareness and rhythm. An introduction to all forms of dance and a preparation for graded tap & modern classes.

Junior Ballet

A non-syllabus ballet class aimed at pupils working at Grade 1 to 4 level. Designed to develop technique, vocabulary and artistry.

Mid Ballet

A non-syllabus ballet class aimed at pupils working at Grade 5 to Intermediate level. Designed to develop technique, vocabulary and artistry.

Senior Ballet

A non-syllabus ballet class aimed at pupils working at Advanced Foundation to Advanced 2 level. Designed to develop technique, vocabulary and artistry.

Pointe work may be studied for pupils working at Grade 5 level after passing a pre-pointe assessment with the school physio team. Please contact physio@tringpark.com for a pre-pointe assessment.

Beginner Pointe Work

A non-syllabus Pointe Work class aimed at pupils working at Grade 5 to Intermediate Foundation level.

Mid Pointe Work

A non-syllabus Pointe Work class aimed at pupils working at Intermediate to Advanced Foundation level.

Senior Pointe Work

A non-syllabus Pointe Work class aimed at pupils working at Advanced 1 to Advanced 2 level.

Junior Jazz

For ages 9+. Jazz technique is studied in these classes covering strength, flexibility, corner work and choreography.

Mid Jazz

For ages 12+. Jazz technique is studied in these classes covering strength, flexibility, corner work and choreography.

Senior Jazz

For ages 15+. Jazz technique is studied in these classes covering strength, flexibility, corner work and choreography.

Junior Contemporary

For ages 9+. These classes cover the techniques required within contemporary dance, covering release, breath, technical acquisition as well as choreography.

Mid Contemporary

For ages 12+. These classes cover the techniques required within contemporary dance, covering release, breath, technical acquisition as well as choreography.

Senior Contemporary

For ages 15+. These classes cover the techniques required within contemporary dance, covering release, breath, technical acquisition as well as choreography.

Youth Dance Company

Open to all TPA pupils who are currently taking contemporary or wish to join. Pupils will be working towards competitions and festivals.

Junior Acro

For ages 7+. These classes are designed to develop acrobatic skills whilst having fun and building confidence.

Mid Acro

For ages 11+. These classes are designed to develop acrobatic skills whilst having fun and building confidence.

Senior Acro

For ages 14+. These classes are designed to develop acrobatic skills whilst having fun and building confidence.

Mini Street Dance

For ages 7+. These classes are designed to develop dance skills whilst having fun and building confidence.

Junior Street Dance

For ages 9+. These classes are designed to develop dance skills whilst having fun and building confidence.

Mid Street Dance

For ages 12+. These classes are designed to develop dance skills whilst having fun and building confidence.

Senior Street Dance

For ages 15+. These classes are designed to develop dance skills whilst having fun and building confidence.

Progressing Ballet Technique (PBT)

PBT classes develop dance technique and build core and whole body strength.