

# SOUTH YARRA BALLET Academy

TERM 1  
2026

TIME	MON	TUE	WED	THU	FRI
3:30-4:00		PRIVATE COACHING	PRIVATE COACHING	PRIVATE COACHING	
4:00-4:30	KINDER	PRE/PRIMARY+	GRADE 1	GRADE 1	PRIVATE COACHING
4:30-5:00					PRIVATE COACHING
5:00-5:30	PRE/PRIMARY+	PREPARATORY 1			
5:30-6:00			GRADE 2	GRADE 3	GRADE 3
6:00-6:30	ADULT BALLET BEGINNERS				
6:30-7:00		GRADE 2	CONTEMPORARY + STRETCH	CONTEMPORARY	STRETCH
7:00-7:30					
7:30-8:00		PRIVATE COACHING	PRIVATE COACHING	PRIVATE COACHING	

# SOUTH YARRA BALLET Academy

## AGES/LEVELS

Class	Age	Description
 Kinder	3-5yo	Introduction to Ballet through creative movement and imagination
 Pre/Primary+	5-7yo	Pre-Primary Ballet, with additional Primary exercises for students turning 7
 Preparatory 1	7-8yo	BC Preparatory 1, with additional floor work and stretching for flexibility
 Grade 1	8-9yo	BC Grade 1, with additional floor work and stretching for flexibility
 Grade 2	9-11yo	BC Grade 2, with additional Pre-Pointe training for students 10-11yo
 Grade 3	11-13yo	BC Grade 3, with additional Pointe training for students 11yo+
 Stretch/Contemporary	8yo+	Stretch is encouraged for 8yo+ Contemporary is important for 10yo+
 Adults Ballet Beginners	16yo+	Beginners ballet for those looking to build flexibility, posture and strength
 Private Coaching	All Ages	Suitable for all ages and abilities, genres and needs