



# 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	GRADE 2	GRADE 3	GRADE 3
5:30-6:00					
6:00-6:30	ADULT BALLET BEGINNERS	GRADE 2	CONTEMPORARY + STRETCH	CONTEMPORARY	STRETCH
6:30-7:00					
7:00-7:30					
7:30-8:00		PRIVATE COACHING	PRIVATE COACHING	PRIVATE COACHING	

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## 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