Our Student Journey

sparkle dance
EST 2015

Under 3's

Little Sparkles

Our Little Sparkles classes provide the perfect introduction to dance, learning through play with an adult by their side every step of the way.

Age 3

Introductory & Tiny

It's time for dancers to build independence as they step into class on their own. We offer a range of classes designed to help children learn fundamental techniques, grow in confidence, and develop a love for dance all while having plenty of fun in our creative sessions.

Perform

Brave the big stage

From age three, your dancer can take part in their first performance. This is a fun, pressure free way to build confidence on stage. They'll also have the option to start competing from this age.

Age 4

Examinations

Around age four, dancers may take their first graded exam with their teacher, typically a few months before turning five. Readiness is based on ability rather than age, with exams for this age are taken in Ballet and Tap.

Age 5-7

(Pre)Primary & Mini Classes

At this stage, dancers build a strong love for dance while developing solid technique and performance skills through a variety of classes. It's recommended they attend at least two classes per week in different styles, with opportunities for exams, performances, and competitions available to all. Dancers this age normally take a grade exam every 12-18 months. Examinations are taken without any assistance.

Age 7

Extra opportunities

Around age seven, dancers may be invited to perform in the community and take part in special events such as theme parks and large-scale productions. These opportunities are by invitation only, as they often require a specific skill set.

Age 9

Excellerate your training

Around age nine, progress really accelerates as dancers begin more advanced, GQUAL-accredited exams. Expectations increase, along with independence and commitment. We recommend at least four classes per week in a variety of styles to support their development.

Age 10

Explore

By age 10, dancers are encouraged to take part in as many performance opportunities as possible and explore new styles like Street, Musical Theatre, or Lyrical. It's also a great time to consider associate programmes to enhance training, with many starting from age 11.

Age 12

Its crunch time!

Around age 12, dancers begin working towards higher-grade exams that can earn UCAS points. Those aiming for a career in dance should train for at least 7 hours per week across dance, singing, drama, and music. From age 13, they can also gain experience by assisting in classes for younger dancers.

Age 15

Time to go Pro?

Around age 16, those pursuing a career in dance should apply to reputable dance colleges at the start of Year 11, your teacher can help recommend the best options. College's normally request that an applicant is working towards their Level 1 (Grade 5). For those dancing for enjoyment, this is the time to prepare for major exams that can open pathways into teaching later on.

Age 18+

Where can it take you?

After completing Grade 6, dancers who meet the required standard and show an interest in teaching may be offered paid assistant or teaching opportunities. From Grade 8 onwards, they can also work towards Associate, Licentiate, and Fellowship teaching qualifications.