If you’ve got the talent and you want the training, here’s what to do next ...

This guide can be downloaded from our websites

www.ncdt.co.uk  
www.cdet.org.uk

or a free copy is available by post.  
Please send a 57p A5 stamped addressed envelope to either:

For further information please call:  
NCDT: 020 7387 3650  
CDET: 020 7240 5703
DESIGN & PRINT

Tel: 01895 619 000    Fax: 01895 251 048    Email: develop@considerthisuk.com

COVER IMAGE: Bird College, photo: Benedict Johnson
I would like to introduce the CPDS Guide to Vocational Training in Dance and Musical Theatre in the UK. I hope it is useful and I hope it helps somebody.

I was born in a little village in the suburbs of La Habana called Los Pinos. Sport, especially football, was what I liked most; and I kept hoping that my father would enrol me in a school near home. I swore, during the darkest nights, that I would become the next Maradona and that everybody in the neighbourhood would be proud of me. One day my father came home in a very good mood. He gathered us all in the sitting room because, according to him, he had something really important to communicate to all of us. He said that he had had a revelation: that his son, the youngest of the eleven, that is me, would be a dancer. We all laughed thinking that my father was joking, because we knew that ballet was that boring thing that occasionally we watched on television, and that it was something related exclusively to women. Two weeks after that meeting in the sitting room, I was at a ballet barre, practising the first steps for what it was going to be, though I still did not know, my fate.

At the beginning everybody in the neighbourhood laughed at me and they called me names and ugly words. Little did those people know at the time that some years later, that boy would be helping them to even build some of their houses. And all this, thanks to what? Thanks to ballet.

This art that has given me everything, even the means to help those people that criticized me so much. Now, without any hard feelings, I can say that I have found happiness. I am an artist and that, to my understanding, is the true religion.

I hope that knowing more about my beginnings will help you to understand that beginnings are never easy, as living is not easy. That is why I wish that you can overcome all difficulties and that your eyes allow you to see beyond the prejudice that we at first perceive. Be brave in order to follow your heart, and if this has chosen ballet, just learn to fight against anybody and anything that may try to separate you from your dreams. Everything is possible. When you are ready to sacrifice yourself in order to achieve what you have set yourself to do, it all depends on you. Be strong, keep going, learn from everybody, get close to those who enrich you and ignore those who belittle you. More than anything, believe in yourself. That is the secret pathway that leads to miracles. That is the path that a little boy who was born in a little suburb in La Habana took.

Carlos Acosta
<table>
<thead>
<tr>
<th>Foreword</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table of Contents</td>
<td>7</td>
</tr>
<tr>
<td>Introduction from the Chairman of CPDS</td>
<td>8</td>
</tr>
<tr>
<td>Council for Dance Education and Training</td>
<td>9</td>
</tr>
<tr>
<td>Funding Information</td>
<td>10</td>
</tr>
<tr>
<td>Useful Contacts</td>
<td>12</td>
</tr>
<tr>
<td>Career opportunities</td>
<td>14</td>
</tr>
<tr>
<td>Ballet</td>
<td>16</td>
</tr>
<tr>
<td>Contemporary Dance</td>
<td>18</td>
</tr>
<tr>
<td>Musical Theatre</td>
<td>20</td>
</tr>
<tr>
<td>Finding out more</td>
<td>22</td>
</tr>
<tr>
<td>Location of accredited schools</td>
<td>24</td>
</tr>
<tr>
<td>Index to Courses</td>
<td>26</td>
</tr>
<tr>
<td>Sectors and qualifications</td>
<td>28</td>
</tr>
<tr>
<td>Dance Awarding Bodies and Corporate members</td>
<td>30</td>
</tr>
<tr>
<td>Application for Membership Status (AMS) Schools</td>
<td>32</td>
</tr>
<tr>
<td>ArtsEd. London</td>
<td>32</td>
</tr>
<tr>
<td>Arts Educational School, Tring Park</td>
<td>36</td>
</tr>
<tr>
<td>Bird College</td>
<td>38</td>
</tr>
<tr>
<td>Elmhurst School for Dance</td>
<td>40</td>
</tr>
<tr>
<td>The Hammond School</td>
<td>42</td>
</tr>
<tr>
<td>Italia Conti Academy of Theatre Arts Ltd</td>
<td>44</td>
</tr>
<tr>
<td>Laban</td>
<td>46</td>
</tr>
<tr>
<td>Laine Theatre Arts</td>
<td>48</td>
</tr>
<tr>
<td>London Contemporary Dance School</td>
<td>50</td>
</tr>
<tr>
<td>London Studio Centre</td>
<td>50</td>
</tr>
<tr>
<td>Northern Ballet School</td>
<td>52</td>
</tr>
<tr>
<td>Performers College</td>
<td>52</td>
</tr>
<tr>
<td>Stella Mann College</td>
<td>54</td>
</tr>
<tr>
<td>Urdang Academy</td>
<td>56</td>
</tr>
<tr>
<td>Disability and access to training</td>
<td>58</td>
</tr>
<tr>
<td>Continuing Professional Development: Dancers’ Career Development</td>
<td>60</td>
</tr>
<tr>
<td>The Healthier Dancer: Dance UK</td>
<td>62</td>
</tr>
<tr>
<td>National Dance Agencies: DanceXchange</td>
<td>64</td>
</tr>
</tbody>
</table>
Why choose to train at a school belonging to the Conference of Professional Dance Schools rather than at the many other schools which offer dance and musical theatre classes? It’s simple – and the word “professional” gives the clue.

The CPDS schools train young performers for the “profession” both as dancers and musical theatre performers. The profession demands the highest standards at all times, and by choosing a CPDS school you can be certain you will be trained by professionals to enable you to reach these standards. We prepare students for work, and graduates from the schools can be found in every major company and production both nationally and internationally.

CPDS schools will ensure you will be seen by directors, agents and casting directors who come to the schools’ public performances and showcases. Not only will you be looked after artistically and educationally but you will also receive guidance about your future working life from professionals currently working within the industry.

The government through its regular inspections ensures that CPDS schools offer the very best education and training, so if you audition for any of the schools in this guide you can rest assured you will be working with the very best teachers, choreographers, and directors.

I hope you enjoy visiting one or more of our schools, and that you have every success with your audition.

IAIN REID
Chairman CPDS
Dean ArtsEd London
Accreditation of vocational training
The Council began accrediting programmes of education and training in 1979 in response to the concerns of the dance and musical theatre industries concerning the “fitness for purpose” of many dance and musical theatre courses claiming vocational relevance. Since that time dance and musical theatre schools applying for Council accreditation have been inspected by trained, quality assurance panels of dance and musical theatre professionals to ensure training provision meets the needs of both the industry and the student. All vocational schools listed in this Guide are accredited by the Council.

The Conference of Professional Dance Schools
The Conference of Professional Dance Schools is a forum made up of the Directors, Deans, Principals and senior officers of the Council’s accredited schools. The forum meets regularly throughout the year to address issues of common concern to the dance and musical theatre industries and to ensure that standards of provision within the accredited schools remain at the forefront of developments in education and training nationally and internationally. Additionally, CPDS runs a programme of initiatives for its members to ensure innovation and development within dance and musical theatre training remains at the forefront of its agenda.

WHAT IS THE COUNCIL FOR DANCE EDUCATION AND TRAINING?

The Council for Dance Education and Training (CDET) is the standards body of the professional dance and musical theatre industries in the United Kingdom. It accredits programmes of training in vocational dance and musical theatre schools and holds the Register of Dance Awarding Bodies – the directory of dance teaching societies whose syllabuses have been inspected and approved by the Council. It is the body of advocacy of the dance and musical theatre education and training communities and offers a free and comprehensive information service – Answers for Dancers – on all aspects of vocational dance/musical theatre training and employment to students, parents, carers, teachers, dance artists and employers.
What does it cost to go to a Vocational Dance School?
Finding the funds to study on dance courses can be a long and difficult process. A year course at a Council accredited vocational school can cost between £7,000 and £11,000. This page offers information on funding for vocational courses.

Further Education (FE)
The Dance and Drama Awards (D&DA) were introduced by the government in 1999 to increase access to vocational dance, musical theatre, drama and stage management training. They provide reduced fees for full-time vocational dance and drama students but are only available to those studying for the following qualifications – the National Diploma in Professional Dance, the National Diploma in Professional Musical Theatre and the National Certificate in Professional Classical Ballet. The qualifications are all awarded by Trinity College London (TCL) and are only available at one of the 21 providers TCL validates.

A limited number of D&DA’s are awarded each year and they are allocated by the 21 schools to students showing most potential at audition. Students intending to apply for an award should contact a vocational school directly to enquire if it has D&DA funded places available. The 21 schools will make an award to a student regardless of his/her income but where students are judged
to be equally talented their financial circumstances will be taken into consideration. To be eligible for an award a student must be an EU national at the start of the course and have been resident in the EU for at least 3 years before the course begins.

Students who are offered Awards will have to make a contribution to their fees. The contribution for 2006-2007 was set at £1,200; the rate for 2007-2008 has yet to be announced. Students who cannot afford £1,200 or who need further financial assistance for living and learning costs may be eligible for additional funding from a means-tested FE fund. Schools offering DaDAs will be able to provide additional information – their details are available in this Guide and on the Council website.

**Higher Education (HE)**

Higher Education courses lead to a degree, diploma or certificate validated or awarded by a university; a number are now also designated ‘vocational’. Students following HE dance courses do not qualify for D&DAs but are eligible for mandatory, Higher Education awards which cover the greater part of tuition fees. Students will have to make a contribution (top-up) to this fee which, for 2006-2007 will be confirmed later in the year. This could rise to £3,000 per year for students entering Higher Education in September 2007 or later. HE students can also access loans administered by the Student Loans Company. The Department for Education and Skills (DfES) publishes an annual guide entitled ‘Financial support for Higher Education students’ which is available from local education authorities or the Department’s information line on 0800 73 9133.

**Music and Dance Scheme (MDS)**

For students wishing to train in Classical Ballet the DfES also funds the Music and Dance Scheme (MDS) which provides for children and young people between the ages of 8 (11 for ballet) and 18 to receive an academic education alongside the best specialist ballet training available. At present four dance schools (Arts Educational School Tring, Elmhurst School for Dance, The Hammond School, Chester and the Royal Ballet School) offer MDS places to students at 11. In addition, the government has announced new national grants for exceptionally talented children allowing them to gain access to specialist dance training. Contact the DfES Music and Dance Scheme for more information – 01325 391150. www.dfes.gov.uk.mds

Finally, some courses may not be funded by any awards. In these cases, students are responsible for the full cost of fees and may need to secure private funding via loans, scholarships and trusts.
Career Development Loans
If you are aged 18 or over, an information pack is available by calling the free help-line.
Tel: 0800 585 505
www.lifelonglearning.dfes.gov.uk/cdl

The National Council for Drama Training (NCDT) provides general advice and information on vocational drama and technical theatre training.
For information sheets send an A4 stamped addressed envelope to:
National Council for Drama Training
1-7 Woburn Walk
London, WC1H 0JJ
Tel: 020 7387 3650
Email: info@ncdt.co.uk
www.ncdt.co.uk

Universities and Colleges Admissions Service (UCAS) is the organisation that processes applications for full-time undergraduate courses at universities and colleges in the UK.
Contact:
Universities and Colleges Admissions Service
Rosehill
New Barn Lane
Cheltenham
Gloucestershire
GL52 3LZ
Tel: 01242 227 788
Minicom: 01242 544 942
Email: enq@ucas.ac.uk
www.ucas.com

Conference of Drama Schools represents all the major drama schools in the UK and publishes the Official Guide to Drama Training.
Tel: 020 7692 0032
Email: info@cds.drama.ac.uk
www.drama.ac.uk

Dance UK advocates and lobbies to promote the importance and needs of dance and is pioneering in the field of dancers’ health. It had a wide range of useful information sheets and publications aimed at professional dancers and dance students.
Dance UK
Battersea Arts Centre
Lavender Hill
Battersea
SW11 5TN
Tel: 020 7228 4990
Email: info@danceuk.org
www.danceuk.org

Foundation for Community Dance offers useful information, guidance and support publications about employment, further training opportunities and positive examples of dancers working in a variety of fields such as youth work, health, disability, ageing, and the criminal justice system.
Foundation for Community Dance
LCB Depot
31 Rutland Street
Leicester
LE1 1RE
Tel: 0116 253 3453
Fax: 0116 261 6801
Email: info@communitydance.org.uk
www.communitydance.org.uk

Youth Dance England is the national agency connecting young people and dance and works to raise the profile of youth dance and advocate its benefits.
Contact:
Youth Dance England
36 Battersea Square
London
SW11 3RA
Tel: 020 7924 7167
Fax: 020 7924 7167
Email: info@yde.org.uk
www.yde.org.uk
Connexions offers advice and information on issues ranging from careers to relationships and benefits. This service is available to anyone aged between 13-19 and up to 25 for students with disabilities or learning difficulties. Local Connexions offices can be found in the phone book or by visiting the Connexions website at www.connexionx.gov.uk

Connexions Direct may be contacted on
Tel: 080 800 13219

The Education Grants Advisory Service (EGAS) offers guidance and advice on funding for those in post-16 education in the UK. 501-505 Kingsland Road, London E8 4AU
Tel: 020 7254 6251
www.egas-online.org.uk/fwa

Students not receiving a Dance and Drama Award may still be eligible for funding from a trust or foundation. If you are planning to apply to one of these organisations do so at the earliest opportunity. Applications are usually assessed twice a year. Call at your local library to find contact details or check with your local college, Connexions Partnership or Local Education Authority to find out whether any organisations near you operate the Inspire, Funderfinder or Moneysearch databases – they match your personal profile to the charities most likely to meet your needs.

Learndirect offers free advice on how to apply to trusts and foundations. Find out more on its website.
Tel: 0800 100 900
www.learndirectadvice.co.uk

Dancers’ Career Development (DCD) supports the idea that dancers will want to be thought of as dancers, regardless of the stage of their careers, and that, while part of their working life is indeed performing, their career can move on, positively and successfully, both inside and outside the dance industry. Students and their parents are welcome to contact us if they have questions regarding post-performing career options and transition support available through DCD to all dancers in the United Kingdom.

Dancers’ Career Development
220 Africa House
64 Kingsway
London WC2B 6BG
E-mail: admin@thedcd.org.uk
Telephone: 020 7404 6141
www.thedcd.org.uk
Careers in Dance

Many people see dance as theatrical performance in ballet, contemporary dance or musical theatre. While it is true that there are many different performance opportunities for dancers it is also true that there are other career routes which require equal dedication, hard work and perseverance.

Many graduates find their first employment in small-scale touring companies either in this country or abroad. A few, particularly in the contemporary dance sector, set up their own performance companies, touring when and where they can. There are also students who decide not to follow a performance route and further down this page you will find pointers to other dance related careers. All of them require a passion for and understanding of dance in its many forms and all of them have an essential contribution to make to the dance world. Professional opportunities continue to grow.

Choreography

Choreographers create dances. They need a thorough knowledge of different dance techniques and an ability to communicate ideas either in movement and/or words.

Notation/Choreology

These provide choreographers and dancers with a "choreographic score" by recording dances on paper in ways that can be understood by others. There are two predominant methods of recording movement: Labanotation and Benesh Notation.

Dance Teacher

Those who want to teach usually take the Graded and/or Vocational Graded examinations of one or more of the Dance Awarding Bodies which finally lead to dance teaching qualifications. (See the UK Directory of Registered Dance Teachers and the UK Database of Dance Teachers under the Awarding Bodies navigation bar on the CDET website).

Dance Therapy

Dance therapists usually work within community groups or help individuals to address issues through dance movement. Those working in Dance Therapy usually need to follow a Master of Arts (MA) programme after having completed a first degree.
Dance Administration
Each dance company, organisation or funding body needs someone to run it and there is a growing need for those who are both knowledgeable in dance and administration.

Dance History
Historians usually take a degree in dance in the first instance and often become dance critics and/or archivists for dance companies.

Dance Education
Dance companies need people who know about dance as well as education and cultural policy in order to give the communities in which they operate a wider access to their work.

Community Dance
This can include working within a community as a workshop leader or teacher. Sometimes, dance disciplines that are not part of Dance Awarding Bodies examination syllabuses are taught in this setting. If you are interested in Hip-Hop or Street dance, this may be the route for you!
Those wishing to become ballet dancers should start training at an early age. There are exceptions for male dancers but the general rule is that by the time of auditioning for vocational ballet training, technique should be strong. Ballet is also strict in its anatomical requirements and the physical demands on ballet dancers are enormous particularly in areas such as point work and turnout. Artistic qualities (including musicality) are also vital aspects of a ballet dancer’s development. It is essential, therefore, that students receive early training with qualified teachers who can lead on both artistic and technical aspects.

Careers in ballet tend to develop within ballet companies themselves either in the UK or abroad. The usual route is via the corps de ballet which may then allow progression through the ranks of the company.

There are ballet companies throughout the world and most of them hold regular auditions. There are also employment opportunities for ballet dancers in teaching, choreography and choreology and ballet skills may also be translated into other dance forms.
CONTEMPORARY DANCE

Performers College, photo: M.A.D. photography
Contemporary dance became increasingly important in the twentieth century and developed a wide range of different techniques. Many students of contemporary dance started their training in ballet, modern dance or jazz. The requirements for training vary according to different styles but in principle they are more flexible than for ballet. Dancers who pursue a career in contemporary dance often start training at a later age than ballet dancers though dedication and extremely hard work are equally essential to those intending to become performers. Contemporary dance tends to emphasise individual qualities and creativity more than other dance techniques.

Careers in contemporary dance are varied with many dance companies in the UK and overseas. Contemporary dance companies tend to be smaller than ballet companies though there are exceptions in the USA where there are some well-established, larger groups. Entry to contemporary dance companies is most usually by audition. Career opportunities include choreography, notation and dance in film. Contemporary dance skills lend themselves well to transfer to other dance forms, especially musical theatre.
Training in musical theatre includes dance, singing and acting and offers students a solid foundation in what is often known as the “triple-threat”. The ever changing nature of musical theatre requires performers skilled in tap, jazz, ballet and contemporary dance. Dancers taking up careers in musical theatre have most usually been trained in a variety of different dance techniques.

Careers in musical theatre tend to be developed in West End theatres, regional theatres or on cruise ships but there are also opportunities for work in other European countries. Many of the accredited schools listed in this Guide provide training in audition techniques, offer guidance on securing an agent and advise on other aspects of life in the commercial, professional dance world.
The information contained in this Guide is intended to help you choose where to apply but please note that the Council:

- can give information about classes for school children (via the UK Directory of Registered Dance Teachers and the UK Database of Dance Teachers)
- cannot recommend a particular dance school – the information in this Guide is a starting point – each school produces its own prospectus and has its own website where students can find more information and the dates of open days
- cannot give information about dance schools that are not members of the CPDS and cannot advise British students about studying overseas.
- cannot give financial assistance to help students attend dance schools (see the information on funding on page 10)
- cannot recommend dance teachers to individuals
- cannot receive applications or give information about closing dates or auditions – please contact individual schools directly. Some short courses include preparation for audition and the Council produces An Applicant’s Guide to Auditioning and Interviewing at Dance and Drama Schools – available on its website and in hard copy.
1. Arts Educational School, Tring
2. Elmhurst School for Dance, Birmingham
3. The Hammond School, Chester
4. Laine Theatre Arts, Epsom
5. Northern Ballet School, Manchester
6. Performers College, Corringham, Essex
7. Stella Mann College, Bedfordshire
1. ArtsEd London, London West
2. Bird College, Sidcup
3. Italia Conti Academy of Theatre Arts Ltd
4. Laban, London South East
5. London Contemporary Dance School
6. London Studio Centre, London Central
7. Urdang Academy, London Centre (West End)
## INDEX TO COURSES

<table>
<thead>
<tr>
<th>SCHOOLS</th>
<th>BA</th>
<th>National Diploma Dance</th>
<th>National Diploma Musical Theatre</th>
<th>2 year Cert</th>
<th>1 year Cert</th>
<th>MA</th>
<th>PG Dip</th>
<th>Foundation Degree</th>
<th>Diploma of Higher Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>ArtsEd. London</td>
<td></td>
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Many of these schools also offer the graded and vocational graded examinations of the major Dance Awarding Bodies and Teaching Societies. Please refer directly to the schools themselves or the Dance Awarding Bodies’ section of the guide if you are interested in pursuing these routes.

The Dance and Musical Theatre schools highlighted above offer a variety of courses not listed in this chart. Please refer to the schools’ individual pages within this guide for further information.
SECTORS AND QUALIFICATIONS
<table>
<thead>
<tr>
<th>SCHOOLS</th>
<th>DaDa</th>
<th>Maintained</th>
<th>Independant</th>
<th>HE</th>
<th>FE</th>
</tr>
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<tbody>
<tr>
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Dance Awarding Bodies and Dance Teaching Societies

Dance Awarding Bodies and Dance Teaching Societies are examining institutions offering Graded and Vocational Graded qualifications in dance and musical theatre. Dance teachers who hold a teaching qualification from an awarding body or teaching society may enter students for the examinations of that body.

The Council has two categories of membership for awarding bodies:

Registered Dance Awarding Bodies
five bodies registered (accredited) by the Council – the British Ballet Organisation, the British Theatre Dance Association, the Cecchetti Society, the Imperial Society of Teachers of Dancing and the Royal Academy of Dance. Qualifications from these bodies are also accredited by the Qualifications and Curriculum Authority (QCA) and have been admitted to the National Qualifications Framework.

Corporate Member Teaching Societies
nine bodies currently moving towards Council registration – Association of American Dancing; British Association of Teachers of Dancing; International Dance Teachers Association; National Association of Teachers of Dancing; Professional Teachers of Dancing; Scottish Dance Teachers
Alliance; Spanish Dance Society; United Teachers of Dance; United Kingdom Alliance.

Full contact details of dance teachers who are members of a registered Awarding Body may be found in The UK Directory of Registered Dance Teachers; teachers who are members of a Corporate Member Teaching Society may be found in the UK Database of Dance Teachers, together these directories make up the most comprehensive listing of dance teachers in the country. The directories are web-based and can be found online at www.cdet.org.uk. They are the primary reference for students, parents, carers, primary and secondary schools looking for locally based qualified dance teachers.
In 2005 and as part of its pro-active accreditation policy the Council introduced a new category of membership for vocational dance and musical theatre schools – Application for Membership Status (AMS). This category of membership is available to vocational schools intending to apply for full accreditation within two years of admission to AMS and demonstrates the priority these schools give to standards of provision and quality assurance within their institutions.

The UK Guide to Accredited Vocational Training in Dance and Musical Theatre is accurate at the time of going to press, July 2006. Accreditation, however, is an ongoing process. Please visit the Council’s website www.cdet.org.uk for details of the most recently accredited vocational schools.

8 schools currently hold AMS:

**The Centre – Performing Arts College**
Building 62, Level 4, 37 Bowater Road, Charlton, London. SE18 5TF
Tel: +44 (0)20-8855-6661
Email: dance@thecentrepac.com

**Liverpool Institute of Performing Arts (LIPA)**
Mount Street, Liverpool L1 9HF
Tel: 0151 330 3000
Email: reception@lipa.ac.uk
www.lipa.ac.uk

**Millenium Dance 2000**
Hampstead Town Hall Centre 213 Haverstock Hill London NW3 4QT
Tel: 020 7916 9335
Email: MD2000hampstead@aol.com

**The Margaret Howard Theatre College**
High Street Bushey Hertfordshire WD23 1TT
Tel: 0845 130 3262 (local call rate)
Email: mhftodance@aol.com
www.margarethoward.co.uk

Midlands Academy of Dance & Drama
Century House, Building B 428 Carlton Hill Nottingham NG4 1QA
Tel: 0115 911 0401
Email: admin@maddcollege.supanet.com
www.maddcollege.co.uk

Merseyside Dance & Drama Centre
The Studios, 13-17 Camden Street Liverpool L3 8JR
Tel: 0151 207 6179
Email: info@mddc-online.com
www.mddc-online.com

Cambridge Performing Arts
25-29 Glisson Road Cambridge CB1 2HA
Tel: 01223 314461
Email: info@bodyworkdanceuk.com
Accreditation visit on 23rd May 2006

Whitehall Performing Arts College Ltd
The Whitehall Building Rayleigh Road, Leigh-on-Sea, Essex, SS9 5UU
Tel: 01702 529290 Fax: 01702 512181
Email: info@whitehallcollege.co.uk
Principal
Iain Reid

Course Director
Iain Watt-Smith

Telephone
020 8987 6675

Fax
020 8987 6678

E-mail
dean@artsed.co.uk

Website
www.artsed.co.uk

Address
14 Bath Road
Chiswick
London
W4 1LY

Photo: ArtsEd, London
ArtsEd aims to produce the Complete Performer who has been well trained in dance, acting and singing for the performance industry in the UK and abroad. At the end of your course you will have gained experience of performance at a professional level; developed your performance skills in dance, singing and acting to the level of technical and artistic competence; personal health and safety required by the profession; developed the ability to work effectively with your fellow performers and with professional directors, producers, choreographers and staff; gained an understanding of employment practices within the profession.

LOCATION
In Chiswick, London. A residential area with excellent shopping and eating facilities. 20 minutes from the West End by frequent trains from Turnham Green, a 2 minute walk away. Easy access to London Airport and all international connections.

VOCATIONAL COURSES OFFERED – PERFORMING
BA (Hons) Musical Theatre. Accredited by the Council for Dance Education and Training. Degree validated by City University. The School’s last two Government inspections rated it as “outstanding” praising the excellent teaching, high standard of performance skills, the input from leading directors and choreographers, and good pastoral and learning support.

In dance we aim to develop your competence and confidence in a range of dance styles and also develop your understanding of the human body so you can express yourself freely and avoid injury. In addition to regular jazz, ballet, pas de deux and tap classes the course includes classes in street jazz, movement for actors, physical theatre, contemporary dance, tumbling, song and dance.

A vital and unique feature of the School of Musical Theatre is the provision of one to one singing and portfolio lessons. The weekly singing lesson ensures you can produce a well-placed consistent sound throughout the vocal range. The weekly portfolio lesson provides you with a varied selection of songs ranging from the classical repertoire, where appropriate, to musical theatre to blues, jazz and contemporary songs. Weekly choral singing classes introduce you to the discipline of choral singing. Weekly performance classes will develop your competence to sing in front of an audience. Acting through song workshops will enable you to bring together technical and performances skills of acting and singing.

The Acting course helps you to perform in a convincing way by developing your imagination, concentration and observation; it helps you to control movement, gesture and speech in performance; it helps you to work effectively and in a disciplined way as a member of a team; it develops your confidence in using a range of acting styles and techniques, and it develops your understanding of theatrical text.

COURSES OFFERED – OTHERS
Musical Theatre Foundation Course. A one year part-time course covering acting, movement/dance and voice/singing including audition techniques. Aimed primarily at those seeking full-time vocational training.

Short courses cover a range of theatre skills and are also available throughout the year. For these and the Foundation course contact 0208 987 6644 or short courses at www.artsed.co.uk

Summer School. An intensive week of morning classes in jazz, acting, singing plus afternoon rehearsals for the end of week show. Contact 0208 987 667; mts@artsed.co.uk

HOW TO APPLY
Applicants must be 18 at the start of the course. Auditions are held from October to March with applications accepted until the end of January. The audition is held in two stages- firstly a movement audition, followed by a singing audition. If you are invited to the second stage this will consist of further singing and an acting audition. You can obtain full details on www.artsed.co.uk or for a prospectus call 0208 987 6666

RECOMMENDATION BY AN EX-GRADUATE
“Arts has provided me with incredible all round training, not just singing dancing and acting, but handling myself in professional situations such as auditions and rehearsals. It has consequently allowed me experiences I don’t think would be possible without this training. I have respect not only as a working professional on stage but already as a director too due to the impeccable reputation of Arts Ed”.

Lee Martin 2005
POLICY
At Tring Park we aim to:

- Provide a special educational opportunity for gifted boys and girls who show outstanding talent in one or more of the performing arts
- Ensure that pupils fulfil their potential
- Provide motivation and self-discipline throughout the pupils’ schooling, whilst achieving a sound academic education to a high standard
- Provide a happy, friendly, disciplined and focused school where these aims can be achieved.

The Arts Educational School, Tring Park is able to offer aided places for ballet under the DfES Music and Dance Scheme.

LOCATION
The school is set in 17 acres of attractive and secluded parkland and the main house was formerly a Rothschild Mansion. The school is in the town of Tring, Hertfordshire, some 33 miles from London with convenient access from nearby motorways and station.

VOCATIONAL COURSES OFFERED – PERFORMING
The senior dance course can be taken as either a 2 year or a 3 year course and is accredited by the Council for Dance Education and Training and offers the National Certificate and the National Diploma in Professional Dance validated by Trinity
College. Students on this course (All students are accepted by audition only) will receive expert tuition in classical ballet, which is the foundation of the course, jazz and contemporary dance. There are many opportunities for performing and students take master classes with many regular internationally acclaimed guest teachers. Students are given personal support with regular feedback from assessments and tutorials with staff who are expert at developing the personal skills necessary for a long and successful career. Our graduates include dancers at many major UK and European ballet and contemporary dance companies, West End shows and Musical Theatre. We believe that dance training should have the depth to produce elite dancers, and a broad curriculum to provide multiple employment opportunities, for greater longevity in the professional dance world. The remarkable standard of our Pas de Deux students is highly prized by employers. We believe that dance training should be life enhancing and our ethos is to develop superb dancers who are communicators and well rounded individuals. Real skills, for a real world.

All inspection reports have commented on the remarkable atmosphere of the school and the outstanding teaching. Dance course graduates achieve very highly not just in dance but in all that they do.

Funding may be available from the Music and Dance Scheme from age 11 upward for the Junior Dance Course, with suitable physiques, and from the Dance and Drama Awards or the sixth form Dance Course.

COURSES OFFERED – OTHERS
A superb academic staff and broad academic curriculum can enhance the education for those who wish to take this opportunity to develop both their dance skills alongside A' levels, GCSEs and B-Tech courses. Additionally, for those who also wish, there is the option to take Foundation in Dance Instruction Teaching exams.

There is a two and three year Musical Theatre Course that offers training in all three disciplines of Dance, Singing and Drama, and a Drama Course for those principally interested in acting.

HOW TO APPLY
Entry to the School is by audition and in the case of pupils under the age of sixteen, by educational test. Following the first audition you will be advised whether or not your son / daughter has been successful. If they have been successful they will be offered a normal place and if suitable, possibly invited back to audition for one of the awards. After acceptance, a registration fee and a deposit are payable. Subject to the deduction of any outstanding debt, the deposit is returned when the pupil leaves the School. A number of Aided Places for ballet are available under the DfES Music and Dance Scheme and Sixth Form entry onto the Dance Course by way of the DfES Dance and Drama Awards.

Contact the Auditions Secretary: – Mrs. Adelia Wood-Smith.

RECOMMENDATION BY AN EX-GRADUATE
“I was at Tring from the age of 11 – 18, although I left before the end of my course to take a job in ‘Cats’. I loved the place; the teachers are just brilliant. They really helped me so much in my training, and inspired me to realise that I really could achieve all my dreams. They were incredibly supportive of me and still come to see my performances, although now I have moved on to work with Matthew Bourne. I made some great friends at Tring, and love to watch them performing with BRB and ENB. We were all very close and it was just so good to see them achieve all they wanted to. So much of what I do now, and what I plan to do in my career was because of my time at Tring. I was so lucky to go there.” Graduate 2004
POLICY
The mission of Bird College is to preserve and build upon its reputation for excellence as a leading and unique provider of education and training in dance and theatre performance. Four key principles support this mission and lie at the heart of our work:

- We aim to recruit, without prejudice, the most able students that show the necessary passion for their craft, and prepare them for distinctive, life-long careers in the performance industry as articulate, creative and versatile artists.

- The demanding training programmes are set within a nurturing environment. The college is committed to treating each student as an individual artist and will respect their talent to steer their ambitions.

- The work of the college will be closely aligned to the profession, will draw upon and contribute to the expertise of the specialist vocation training sector, and will be securely rooted within the local community.

- We will regularly review our programmes, partnerships and operations to ensure their worth, in order to provide meaningful opportunities for students and a dynamic workplace for staff.
LOCATION
We are located in a pleasant suburb, close to the centre of London with easy access by train to Charing Cross.

By train: From London, trains to Sidcup run every half hour from Charing Cross, Waterloo and London Bridge. Journey time is around 30 minutes.

By bus: A comprehensive service exists for the local area and for central London.

By car: Exit 3 off the M25, then follow the A20 into Sidcup. From London follow signs to A20 New Cross, Lewisham and A222 Sidcup.

International travel: the College is within easy traveling distance for Channel ferries and tunnel. Gatwick airport is just 32 miles away, take the train to London Victoria and then bus or taxi to Charing Cross. From Heathrow airport, underground trains connect directly to central London. There is a regular coach service available direct from Victoria to Sidcup and private taxis are available from both airports.

VOCATIONAL COURSES OFFERED – PERFORMING
Discovery of your own strengths and weaknesses is a challenging experience. We all have particular abilities in certain areas and success can only be achieved through self-awareness and by developing an individual artistry that is uniquely your own.

The College’s programmes are committed to your needs, an approach which is reflected in the dedication and expertise of our staff, a stimulating, creative ethos and the provision of quality vocational environment. Our aim is to enable you to identify, develop and nurture your own special skills, perfecting a professional attitude and an inner confidence with which you can flourish.

The three year National Diploma in musical theatre is designed for those students with a specific vocational focus. It will equip them with the technical and creative skills necessary for a career in the performing arts.

The two year Foundation Degree in Creative Industries: Acting is a practical, performance-based degree programme, which provides students with opportunities to acquire and develop acting skills and techniques which can be applied to three vocational areas: acting in theatre, acting in the community and acting in television. The emphasis is on creativity and expressiveness involving an exploration of the current mix of cultures and their different forms of theatre and analyzing ways in which intercultural exchanges enrich and influence the performing arts.

The BA (Hons) in Dance and Theatre Performance is a practically based degree programme, providing the same amount of training and performance opportunity as the Diploma, with the increased academic rigour which can enhance career potential. The degree is validated by the University of Greenwich, who continue to support and encourage the College’s independence and unique character.

COURSES OFFERED – OTHERS
MA by Research in Dance and Musical Theatre. This programme represents a new opportunity for research and study in the field of Dance and Musical Theatre at Masters level. The programme lies within the well established MA by research offered by the school of humanities at the University of Greenwich, with subject specialist support provided through Bird college. The duration of the course is one year full time or two years part time.

HOW TO APPLY
Bird College welcomes applications from all sectors of the community, regardless of ethnicity, religion or gender. The college is committed to meeting the requirements of learners with special educational needs. For an application form please contact the college on 0208 300 6004 or e-mail admin@birdcollege.co.uk

For further information please consult our website www.birdcollege.co.uk

RECOMMENDATION BY AN EX-GRADUATE
“I fully appreciate the training I received at Birds. I have gained a valuable and unique insight into dance which many other institutes don’t seem to offer. The opportunities and exposure to creative and innovative ideas with regards to performance, coupled with the training and guidance has given me a solid foundation with which to build upon.”
Gareth Hawthorne (BA Hons Graduate 04)
Elmhurst, the oldest vocational ballet school in the UK, prepares students for professional careers in ballet and allied dance genres. Students benefit greatly from the school’s association with Birmingham Royal Ballet.

Students are selected for their perceived potential and their commitment to dance. We then develop their technical skills while nurturing their artistry and creativity. Choreographic studies are taught to each year group and the students’ own choreographic pieces are showcased.

Contemporary, Jazz and Tap dance styles are taught to further enhance student experience and help them meet the evolving needs of choreography in new ballets. A customised individual exercise programme is designed, as every student’s physique is different and requires its own holistic education and training programme.

After 82 years in Camberley, Surrey, Elmhurst relocated to Edgbaston, Birmingham to be near the Birmingham Royal Ballet Company. The new school is specifically designed to meet the requirements of dance, with all facilities on one 5% acre campus.

This exciting move constituted a £17 million investment in the future of dance education in the UK. It is designed to help fulfil the government’s key aims for the development of its Dance and Drama Awards and Music and Dance Schemes.

In October 2005, the school was officially opened by Dame Merle Park, a former student, and Sir Peter Wright, former Director of Birmingham Royal Ballet.
**VOCATIONAL COURSES OFFERED – PERFORMING**

Dance training: Sixth Form course in Classical Ballet & Related Dance Styles

The Sixth Form is open to students who wish to enter full-time vocational training at 16 years. The School also offers a range of academic courses to complement its artistic programmes. Students are expected to take two subjects to full A level and from 2006, Pilates qualifications will be offered as well as a specialist qualification in the teaching of exercise to children.

Sixth Formers study for the National Diploma in Professional Dance, a Level 6 qualification awarded by Trinity College London. The programme consists of modules that are assessed both internally and externally and moderated externally throughout the three-year course.

Students are accepted for this three year course on the basis of their physical facility and their aptitude for ballet. The course offers each student the opportunity to train with a faculty of distinguished teachers and professional artists.

All our students benefit from our association with Birmingham Royal Ballet. Subject to satisfactory progress students will be allowed to join Company class and will be considered for inclusion in BRB productions. Elmhurst has pioneered an Apprenticeship Scheme with BRB for both its graduate year students and those following the Pre-Professional programme.

Duration of course: three years, full time

Entry: application, audition and interview

Minimum acceptance age: 16 years (in certain circumstances, students aged 15 may be accepted but these students are ineligible for Learning and Skills Council Dance and Drama Awards)

Funding status: students may be either self-funded or be in receipt of a Dance & Drama Award

External qualifications (optional): RAD Major Executant Examinations, Phyllis Bedells Bursary, Solo Seal Award and the Adeline Genée Gold Medal Award.

**COURSES OFFERED – OTHERS**

The one-year Pre-Professional course is open to pre-professional students for their final year of study, professional dancers who have had time-out through injury or illness, and overseas students interested in enhancing their career opportunities. This course in Classical Ballet and Related Dance Styles offers intensive vocational training and education to prepare dancers for auditions and a professional career in dance.

All our students benefit from our association with Birmingham Royal Ballet. Subject to
POLICY
Hammond is a leading international name in vocational dance training, located in the north west of England. Established in 1917 and well known in the world of dance, its reputation has been built both by the professional success of its graduates and by its experienced, inspirational staff. Recognising individual flair is Hammond’s strength. Its training has enabled many former students to perform with major dance companies and in musical productions. Hammond’s ethos balances caring pastoral support with freedom for individuals to develop confidently. The dedicated team of teaching staff provide an environment in which originality is recognised and students thrive, maximising their potential.

LOCATION
Situated on the outskirts of Chester, Hammond is ideally placed for meeting other students in this lively, cosmopolitan city. It offers easy access to Liverpool and Manchester Airports. From the M53 (Junction 12) follow A56 to Chester, turning right at Hoole roundabout, take the A41 signposted Ellesmere Port and Birkenhead. Take the first road on the right into Mannings Lane and Hammond is on the left hand side.

VOCATIONAL COURSES OFFERED – PERFORMING
The Senior Dance Course – 3 years, full time leading to the National Diploma in Professional Dance. This course is supported by the LSC and Dance and Drama Awards are available for it. The students have the opportunity to focus on classical ballet or musical theatre and related subjects. Students are also given the opportunity (optional) to take A levels which are integrated into their daily timetable.

COURSES OFFERED – TECHNICAL
All senior 1 students take the BTEC National Award in Performing Arts (Arts Management) over a one year period.

HOW TO APPLY
For a prospectus initially either by telephone, letter or on our website. Application form can be found in the prospectus. Upon receipt of application an itinerary is sent to the candidate. Entry is by audition and these commence October – March each year.

RECOMMENDATION BY AN EX-GRADUATE
“I commenced my trainee at Hammond at 18 years. Completing my 3 years Hammond Diploma. My time at Hammond gave me the confidence and skills to succeed and become a dance Captain for 42nd Street (European tour). I was also Dance Captain for Elisabeth and Swing and first cast for Buddy Holly and Joseph whilst living in Germany for nine years. I am pleased to have come full circle and now be teaching at the Hammond taking classes in jazz, tap and musical theatre.”

Alison Hughes
POLICY
For almost a century the Academy has been producing ‘audition ready’ artists for every aspect of the entertainment profession. As originators of multi-disciplinary training we have a long list of highly successful alumni in every aspect of today’s demanding theatrical industry.

The Academy is committed to providing an environment in which its learners can be trained and educated to develop and broaden their skills to their individual and highest possible standards. The Academy selects talented students for their individuality and the training process is designed to nurture confidence, self esteem, acknowledgement of personal strengths and the true fulfillment of technical and artistic potential in order that they can confidently demonstrate and respond to the needs of an ever changing and demanding profession.

The Academy is committed to a policy of widening access to its training courses and recruits students from all areas of the community including those from deprived social areas, minority ethnic groups, the disabled and lifelong learners through outreach work and liaison with specialist organizations. It has an ethos, developed over nearly 100 years, of welcoming students from across the social and cultural spectrum. Students are offered places on the basis of their talent and suitability for the industry regardless of gender, race, creed, colour, religion, age, physical impairment, learning difficulties or any other factor.
LOCATION
The Academy is located in Central London adjacent to the Barbican entertainment complex, some 200 meters from Barbican underground station, which is on the Circle and Metropolitan lines. It is only a few minutes journey from all mainline stations such as Liverpool Street, King Cross, Euston and Paddington. Thames Link services stop at nearby Farringdon and two bus routes connect the Academy with Waterloo Station.

VOCATIONAL COURSES OFFERED – PERFORMING
Three Year Performing Arts Diploma. This course attracts DADA award funding and offers the National Diploma in Professional Musical Theatre awarded by Trinity College London and is accredited by the CDET. Designed to respond to the needs of today’s entertainment industry and produce confident, articulate and multi-skilled performers, the course combines professional vocational training with contextual studies; students undertake a variety of projects, workshops and performances during their courses. Audition and employment opportunities are available via the Italia Conti Agency which represents each of our students.

One Year Intensive Performing Arts Course. This is an excellent preparation for longer term training or for those seeking to add a professional edge to pre-existing skills. It is also suitable for graduates seeking to add technical and performance skills to their theoretical knowledge. Gap Year students with substantial background in dance and drama may find that the course helps them decide which further training path to take.

One Year Singing Course. This course has been designed for talented and aspirant young singers wishing to develop the necessary skills to continue into further training or professional commercial employment. The fundamental aim of the course is to encourage the development of artistically versatile individuals with highly polished performance skills.

Three Year B.A.(Hons) Acting Degree Course, validated by London Southbank University and accredited by the National Council for Drama Training, this course is fully funded by the Higher Education Funding Council and course fees are similar to those levied by all universities. The course is housed in its own building in Clapham, South London and offers an extremely high quality modern and innovative acting training preparing students for the full range of employment opportunities available in today’s varied and demanding profession.

Theatre Arts School. For students age between 10 and 16 years our course of secondary education provides a day divided between the pursuit of a traditional academic curriculum and the best in dance, drama and singing training.

COURSES OFFERED – OTHERS
Associate Schools and Short Courses – Part-time recreational and pre-vocational training in Ballet, Tap, Modern, Jazz, Singing, Acting and Musical Production offering examinations, agency representation and performance opportunities is available from our schools in Central London (Barbican), Bow (East London), Clapham (South London), Chislehurst (Kent), Coulsdon (Surrey), Guildford (Surrey), Plymouth (Devon), Reigate (Surrey), Tunbridge Wells (Kent), Wimbledon (South East London) and Wokingham (Berkshire). Summer Schools and Easter Courses at the Barbican, Guildford and Chislehurst venues.

HOW TO APPLY
All full-time courses are entered by audition. Associate and Short Courses are usually entered by interview. Application forms are supplied with our prospectuses. Acting course applicants may also download application forms from the Acting course website at www.italiaconti-acting.co.uk

RECOMMENDATION BY AN EX-GRADUATE
“I left the Academy feeling well equipped to deal with the profession, which was due to the excellent teaching staff, some of whom I still turn to.”
Claire Goose

“I had a fantastic time when I attended Conti’s – the confidence you always bring out in your students is so important.”
Tania Polentarutti
Casting Director and former Performing Arts student
POLICY
Laban, Europe’s leading conservatoire for contemporary dance artist training, brings together students, choreographers, designers, writers, researchers, artists and musicians from across the world. Our unique mix of energy and creativity connects people to the exhilarating possibilities that dance offers.

Laban’s mission is to develop high-caliber, versatile, resourceful performers, choreographers and leaders in dance for a range of professional contexts. In its world-class facility for learning, creating and performing dance, Laban aims to fulfil the artistic and educational aspirations of its students: It aims to cultivate an ethos of experimentation, innovation and enquiry; to promote cross-arts and collaborative working practices; to support students in developing an individual artistic voice and to nurture students’ developing professional and career interests.

Laban seeks to play a leading role in the cultural politics of dance, influencing educational and policy frameworks whilst contributing to building an infrastructure and network to encourage people into dance. In so doing, it actively promotes through its undergraduate, postgraduate and continuing professional development programmes and education and community provision, a culture of lifelong learning in dance serving the future of dance at local, national and international levels.

LOCATION
Laban is situated on Deptford Creekside, a creative centre in South East London. Only a few minutes walk away brings you to Maritime Greenwich with
its many tourist attractions, shops, restaurants, museums, markets and theatres. Central London is just 15 minutes away by public transport. Both Deptford and Greenwich are well serviced by buses, trains and the Docklands Light Railway.

**VOCATIONAL COURSES OFFERED – PERFORMING**

**Undergraduate BA Hons Dance-Theatre**
The BA (Hons) Dance – Theatre programme is an intensive 3 year degree designed for the rigorous training of contemporary dance artists. The course educates students to be individual, confident artists with experience in technique, performance and choreography. An emphasis on exploration and reflection is central to these artistic processes.

**MA Choreography**
Challenge and interrogate your choreographic practice from a variety of perspectives, in an intensive studio-based programme designed to develop your individual choreographic voice. Opportunities for collaboration are generated and guided through the relationships we have with musicians, architects, visual designers and other artists.

**MA Dance Performance (Transitions Dance Company)**
Build on your technical ability, perform newly commissioned work, tour throughout the UK & overseas as part of Transitions Dance Company.

**MA European Dance-Theatre Practice**
Explore the interchange between practice and theory in a studio-based course that will enable you to examine your own performance making process and situate your work within historical and contemporary dance-theatre discourses.

**MA Scenography [Dance]**
A unique course training multi-skilled designers in a scenographic approach, integrating: costume, lighting and set design, specialising in design for dance performance.

**MSC Dance Science**
Enhance your dance training and reach your performance potential. This pioneering programme aims to train artists in the safe practice of becoming dance athletes and elite performers, promoting a longer and healthier career in dance.

**COURSES OFFERED – OTHER**

**One Year Programmes**
Laban also offers 4 year-long programmes designed for dancers seeking an intensive training experience with the ability to specialise in diverse areas of interest, by offering a range of electives to support core studies. Core studies are offered in: contemporary dance technique, choreography, choreological studies, community practice and dance teaching and education. Electives are grouped as follows: Education and Community Practice; Health and Fitness; Laban Studies; Performance Studies.

**Postgraduate Certificate: Dance In Community Diploma In Dance Studies**

**Study Year Abroad**

**Independent Study Programme**
Also available: Specialist Diploma in Dance Notating and Pilates Teacher Training.

For details and information about all programmes, contact Laban via email, phone or through the website: info@laban.org, +44 (0)20 8691 8600, www.laban.org

**HOW TO APPLY**
All applicants must complete an application form, available to download from www.laban.org or by contacting Laban for an application pack on +44 (0)20 8691 8600. Entry to the BA (Hons) Dance -Theatre programme, Postgraduate Certificate: Dance In Community and Transitions Dance Company requires an audition. Candidates will be invited to audition following completion of a Laban application form.

**RECOMMENDATION BY AN EX-GRADUATE**
“Before applying to Laban I was seeking a dance course which would train me to a high level in technique and develop my creative dance ability, to compliment my background as a visual artist. At Laban I found a programme that encouraged dancers with a variety of backgrounds and nurtured the potential dance artist within all students, offering much more than elite technical training. I discovered opportunities within the course to explore different mediums and collaborations for my work developing my artistic ability and interest in choreography. It was not an easy 3 years, being both physically and mentally demanding because you are studying a degree alongside the daily dance training. But as an artist I love a challenge and my experience at Laban provided me with that. The rewards are immense and I graduated from Laban with a portfolio career, as a multi disciplined dance artist. Laban helped me to clarify my creative goals and aims in life.”

Chris Clow BA Hons Dance Theatre 2001 – 2004
POLICY
The College aims to provide students with the greatest possible individual attention from its dedicated, highly qualified and caring staff, furnishing them with the broadest spectrum of training. Students are encouraged to direct their natural talents to develop the skills required for their chosen careers and to work together with a sense of mutual understanding and involvement.

The main emphasis of the Dance and Musical Theatre Course is on practical training with a comprehensive range of dance and musical theatre skills. The objective of the course is to prepare students for their chosen careers as dancers and musical theatre performers and to enable each student to achieve the highest possible standard of professionalism.

LOCATION
Half an hour by train from the bustle of London’s West End Laine theatre Arts is situated in the relative peace of the Surrey market town of Epsom. The purpose built complex was opened in 1987 by the late Sir Roy Castle. With two studios theatres, eight dance studios, singing and drama studios the college provides a spacious and modern working environment for its students and faculty.
VOCATIONAL COURSES 
OFFERED – PERFORMING 
Dance and Musical Theatre Course, 
accredited by the CDET.
The college offers a single three year course, Dance and Musical Theatre, from which it delivers both the Trinity College London Diplomas in Professional Dance or Musical Theatre. Students receive a balanced training in all areas of the performing arts to develop the versatility required for the commercial theatre.

The course is dance-based. All students study Classical Ballet, Contemporary, Jazz and Tap and these dance subjects are balanced with Acting, Singing and Musical Theatre Studies. During the first year of training every student follows the same course, laying the foundation for further specialisation in the second and third year. Students choose which Diploma path they wish to follow at the end of their first year once their strengths and weaknesses have been assessed. Performances are built into the course from the first term and students are supported and encouraged to develop their confidence in performing in parallel with their technical skills. The course is industry based reflecting the college's close involvement with the commercial theatre.

HOW TO APPLY
All applicants for the course are auditioned. Entry is by audition only and entry forms can be downloaded from the college website or received by post.

The college selects applicants on their talent and potential as future performers. Auditions are normally held from October through to April with recall auditions at the end of the audition cycle to allocate funded places (Dance and Drama Awards). Auditions days consist of a Classical Ballet class, a Jazz class and the solo performance of a song (with sheet music) and a dance solo.

RECOMMENDATION BY AN EX-GRADUATE
“I was keen to get the best boys training available and best decision I made was Laines”
Michael Quinn (2002 Graduate)
Roles include: ‘Gaston’ in Beauty and the Beast (UK Tour) & ‘Vince Everett’ in Jailhouse Rock (West End)

“Before I attended Laine Theatre Arts I had trained more in the field of dance, but then the college opened a lot more windows of opportunity for me. I trained in dance, drama, singing and musical theatre whilst I was there and it helped and encouraged me a great deal. I clearly benefited from my time at Laine, as I now play the lead role of Ulla in the Mel Brooks West End hit, ‘The Producers’.”

“I’d never be where I am today, doing what I love most, if I hadn’t got the funding to attend college. It helped my family and I cope with financial difficulties and we are very grateful.”
Rachel McDowall (2004 Graduate)
POLICY
London Contemporary Dance School is one of the world’s foremost dance conservatoires. Based at The Place in central London, with state-of-the-art facilities, LCDS is the first choice for dancers from around the world to pursue vocational training to the highest technical and artistic standards.

The contemporary dance training balances consistency and diversity, and is designed to respond to the needs of contemporary dance artists working in the world today. LCDS has a teaching faculty of international stature, with unrivalled connections to the dance world, and whose combined skills offer students a vibrant, stimulating learning experience. The School has around 160 students, a deliberately small and close-knit environment designed to enable the best nurturing for young dance artists.

LCDS does not discriminate against students on the grounds of age, sex, disability, ethnicity or religion. It does judge applicants critically on their personal suitability and readiness for a course of study according to their ability to develop into dance professionals.

LCDS is a founding affiliate of the Conservatoire for Dance and Drama, and its degrees are validated by the University of Kent.

LOCATION
London Contemporary Dance School is located in Euston, central London. It is part of The Place, the UK’s premier centre for contemporary dance, where training, creation and performance are united in one unique building. Working with dancers from age 5 upwards, The Place brings new
talent into the dance profession and guide artists through their careers. The Place’s activities are unmatched in their quality and range, incorporating LCDS alongside Richard Alston Dance Company and the Robin Howard Dance Theatre, together with pioneering education, outreach and professional development projects.

**VOCATIONAL COURSES OFFERED – PERFORMING**

LCDS offers a three year BA (Hons) degree and a one-year Certificate of Higher Education. Students applying for the Certificate will usually have a professional dance background, or have already completed vocational training elsewhere.

Teaching at LCDS is designed to develop highly motivated graduates ready to enter the profession as skilled and flexible artists understanding of the realities of a career in contemporary dance. One of the most practically based vocational programmes available, the training includes an average of four and a half hours practical dance is studios each day.

Students take daily morning classes in ballet and contemporary, and in the afternoon focus on creative exploration and contextual study through a range of courses including choreography, doublework, performance studies, improvisation, and dance history.

The BA is also open to students with a background in South Asian dance, who can focus on their Kathak or Bharatanatyam, as well as training in contemporary dance with the rest of the year group.

LCDS has a vibrant Graduate School, offering Postgraduate Diploma (leading to MA) with specialisms in Choreography, Performance, Dance for the Screen, and Training & Education. We also offer a full range of research degrees. The postgraduate courses are designed to produce highly skilled, creative and intellectually curious dance artists, fully prepared for a career in the diverse and fluid world of contemporary dance. Students are empowered to engage critically with the profession, so that in time they can influence the future direction of their chosen artistic discipline.

**COURSES OFFERED – OTHER**

Classes and short courses for adults

The Place runs an extensive programme of evening and weekend classes and intensive short courses for adults of all ability levels, taught by skilled professional dance teachers and accompanied by live music. Contact: classes@theplace.org.uk or tel 020 7121 1090

Children and young people’s classes

The Place has a programme of Saturday classes for children and young people from age 5 and upwards, and runs two young peoples’ dance companies. Contact: children@theplace.org.uk or tel. 020 7121 1030

LCDS is a Centre for Advanced Training – part of the new DFES-funded Music and Dance Scheme for talented young dancers. Under this scheme, young people aged 13 – 18, nominated by their teachers, receive additional training in contemporary and ballet technique, Pilates, repertoire and composition, attending courses at The Place in school holidays and at weekends, so that unlike many music and ballet students, they will not need to attend residential courses to be able to compete internationally for places at the highest level vocational training schools such as LCDS.

For a nomination pack email centreforadvancedtraining@theplace.org.uk or write to Centre for Advanced Training, The Place, 17 Duke’s Road, London WC1H 9PY.

**HOW TO APPLY**

Entry is by application and audition. You can apply online at www.theplace.org.uk/school or contact LCDS to request a prospectus and application form.

The deadline for 2007 undergraduate applications is Thursday 1 March, for postgraduate applications it is Saturday 31 March.

**RECOMMENDATION BY AN EX-GRADUATE**

“You can make as much of your training at LCDS as you will – you really need to throw yourself into it, work hard, put the hours in, and understand that you’ll never get the chance for an experience like it again. It’s a wonderful school and I’m very proud to have been a part of it.”

Arthur Pita, Dancer and Choreographer
POLICY
We seek to preserve and nourish the individuality and creative spirit of each of our students, encouraging them to develop as performers and to accelerate their individual progress.

In the vibrant atmosphere at the Studio all our students are treated as professionals. Our policy of open communication creates the very special working environment that produces positive, versatile and communicative young professional performers. This is demonstrated by the widespread success of our graduates in almost every branch of the performing arts.

LOCATION
The London Studio Centre moved to its present premises in the heart of Central London in 1987. Planning permission for the conversion was obtained after an appeal which the directors won with the support of many members of the theatrical profession.

The building was totally redesigned to form a specialist training centre for the performing arts. Its 32,000 square feet of floor space provides dance studios with maple sprung flooring and floor to ceiling mirrors, drama studios, music rooms, and lecture rooms, a gym and a Body Control studio. The nearest Tube station is King’s Cross – York Way runs up the East side of the station, providing excellent travel connections with the tube, bus and train networks.
VOCATIONAL COURSES OFFERED – PERFORMING

The three year course at the London Studio Centre is accredited by the Council for Dance Education and Training (UK), and leads to one of four possible qualifications, two of which are validated by University of the Arts London (UAL). There are three possible routes through our Theatre Dance Course:

B.A. Hons. Theatre Dance (Classical Ballet, Contemporary Dance, Jazz Theatre Dance, Music Theatre), validated by University of the Arts London. It is aimed at the 18 year old student with A-levels, or equivalent qualifications, who wishes to pursue a professional training and academic studies. This unique degree programme enables students to train for a performing career in either classical ballet, contemporary dance, jazz theatre dance or music theatre whilst at the same time gaining an internationally recognised qualification, which opens the way to further study and an extended career. This programme is subject to the quality assurance procedures established by University of the Arts London.

Foundation degree Arts is validated by University of the Arts London. It represents the full practical training plus an academic dimension of studies directly related to dance. It aims to provide students with a comprehensive training and education in the performing arts, as well as a recognised qualification, upon which students are able to build in their future careers.

London Studio Centre’s Diploma Programme is designed for 16 year old students (and upwards) who wish to train for three years and enter the professional theatre at the earliest opportunity.

A One Year Professional Diploma is available for those students who have completed a performing arts training elsewhere and who wish to further their training in a specialist area.

Only students enrolled on the Degree and FdA programmes may be considered for HEFCE funding.

HOW TO APPLY

Places on the course are limited. Auditions are held regularly at London Studio Centre – visit our website for application forms or call to receive prospectus/application form. Application forms should be completed and returned to the Auditions’ Administrator with the audition fee, one recent passport sized photograph and one full length photograph in dance wear, references from current school/college and current dance teacher, and medical form. The audition fee is non-refundable.

Auditions will comprise classes in Classical Ballet, Contemporary Dance, Jazz Dance, Drama and Singing (to which you should bring your own music), plus physical examinations and interviews. Classical Ballet Auditions will be arranged throughout the audition period.

All applications must be received by 31 January in the year of entry.

RECOMMENDATIONS BY EX-GRADUATES

“The London Studio Centre has always been regarded within this industry, as one of the finest training academies in Britain. The college has a very broad timetable which is increasingly important in a very turbulent industry. It equips its students to dance, act and sing (amongst other skills) and not to be average all rounders, but good strong performers, some of whom have become leading figures and innovators in their particular chosen field. I have always felt very proud and privileged of my training at LSC.”

Tamzin Outhwaite

“With the high standard and thoroughness of my training at London Studio Centre, I am pleased to say that I haven’t stopped working as an actor, singer and dancer since I graduated in 1993. The Centre’s facilities are excellent and, with teachers who are also actively employed in the profession as performers, choreographers and directors, there is a constant and invaluable source of first-hand experience to learn from.

London Studio Centre offers an exceptional standard of training in all aspects of the performing world that gives students what they need, both technically and psychologically, to find employment”.

Sebastien Torkia
POLICY
What is the NBS mission?
The School strives to attract, through its annual series of auditions and interviews, an intake of students of outstanding talent or potential, with the appropriate physical and mental aptitudes to undergo rigorous full-time training, who will go on to achieve rewarding professional careers in dance. NBS follows a forthright Equal Opportunities Policy, with particular emphasis on attracting applicants with disabilities which are not incompatible with safe and effective training for a career in professional dance at all.

On successful application to NBS, you will be offered a course covering broad fields of theatrical dance performance, with a range of focus options enabling you to develop your technical skills and artistry to the fullest limits of your capabilities.

How do we do this?
We provide study options that are both relevant to the needs of employers in the theatrical dance industry and are sufficiently varied to enable you to make informed choices about your career development.

Curriculum options are delivered to you by over twenty highly qualified, experienced and caring teachers and musicians. Your work is carefully monitored at all stages of your course and your progress is regularly assessed, so that you and we know your relative strengths and weaknesses and appropriate advice can be given as to where you should apply your efforts to maximum advantage, thereby optimizing your dance career prospects.
LOCATION
At the heart of a conurbation of some 3 million population, Manchester has excellent local, national and international transport links, serving the city's dynamic commercial, cultural and recreational facilities. The seat of three universities and other renowned centres of business, engineering, science, music and performing arts studies, it is student friendly and accommodating. With strong links to the neighbouring BBC and Granada TV centres, the Halle Orchestra and other city based musical and theatrical organizations, NBS has, in Manchester, the ideal environment in which to pursue its acclaimed role as a centre for theatrical dance training.

VOCATIONAL COURSES OFFERED – PERFORMING
Northern Ballet School Diploma in Professional Dance (incorporating the National Diploma in Professional Dance: validated by Trinity College, London)

NBS has the firm belief that, in order to maximize their career prospects as informed, creative dancers, students must experience and participate in the widest range of studies and to this end, the course is divided, throughout the three years of study, into four modules, with core subjects pertaining throughout. Optional subjects within these modules are selected by the student to build a full study programme to suit the individual.

Dance Studies Module
Classical ballet is studied by all, as its strong disciplines and technique are of benefit in the performance of other dance forms. Those other forms/techniques studied include Jazz, Contemporary, Tap and Modern Theatre Dance and students specialise increasingly in areas of particular interest to them, being placed in tutored subject groups appropriate to their levels of skills and career objectives. This system allows for continuity of training and monitoring of each individual's development.

In the second and third years, the balance of subjects/classes favours the chosen specialization.

Performance Studies Module
This module combines learned dance techniques with Vocal and Drama studies to interpret classical and jazz repertoire.

The expertise developed covers Stagecraft, Make up, Costuming, Props Management and Microphone Technique, as well as the basics of Stage Lighting and Design.

Auditioning, casting and rehearsal procedures are also introduced.

Contextual Studies
Theoretical studies covered by this module include Dance Anatomy, Dance History, Music for Dance, Performance Psychology, Nutrition, Health and Safety at Work and Employment Contracts Term and Conditions.

Ancillary Subjects
This module covers subjects, some involving transferable skills, which are supportive in training and performance and post-performance contexts. They include Pilates and Body Conditioning, Choreographic and Archivist tools and Teaching Studies.

HOW TO APPLY
Entry to the NBS Diploma in Professional Dance Course is open to students who can show suitable artistic and technical ability or potential at audition and interview. They must have the necessary physical and mental aptitudes to undertake a demanding course of study and must be over 16 years of age. Auditions and interviews for September entry are held from October to June. Overseas (non EC) applicants may apply by video.

A Prospectus and Application Form NBS1 may be obtained by telephone 0044(0)161 237 1406, Fax 0044(0)161 237 1408, Email to enquiries@northernballetschool.co.uk or by post to Northern Ballet School, The Dancehouse, 10 Oxford Road, Manchester, M1 5QA, UK.

RECOMMENDATION BY AN EX-GRADUATE
"My time as a student at NBS was invaluable. The college helped me to become a versatile performer and taught me to handle work situations in a professional and confident manner. The strength and diversity of the jazz focus allowed me to perform my skills to my maximum potential."

Marsha George; Graduated 2004
POLICY

The philosophy guiding the underlying principles of Performers College is for students of various ability and race to have an equal opportunity to fulfil their ambition of a career in commercial dance and/or musical theatre. The College places emphasis on providing a balanced curriculum that offers personal challenges, development and encourages self-discipline.

College Objectives:
To regularly review course structure, curriculum and teaching quality to ensure standards of achievement are high and are relevant to the intended profession.
• To provide the necessary facilities and a high calibre of staff
• To provide guidance and support to both staff and students
• To ensure that continual challenges are presented in order to raise personal standards
• To provide staff with a suitable working environment and encourage further professional development
• To ensure graduates have achieved a level of attainment that allows successful and varied employment with an awareness for continual professional development.

LOCATION

Situated in Essex, just off the M25 motorway along the A13, we are well placed for easy access to the many theatres and TV studios in and around London.
The impressive looking, newly built and purpose designed, performing arts centre is extremely well appointed and has some of the best facilities in the country. It has eight dance and drama studios, three music studios, Pilates studio, a library / computer centre and physiotherapy department.

The building is wheelchair friendly and is fully accessible by the disabled.

**VOCATIONAL COURSES OFFERED – PERFORMING**

Performers College is an independent Further Education College for the Performing Arts, specialising in dance and musical theatre.

Performers College now offer students on the three-year full time course the opportunity to take either the National Diploma in Professional Dance or the National Diploma in Professional Musical Theatre. Both courses are validated by Trinity College London and both are accredited at level 6 of the national qualifications framework.

All students on the three-year course will undertake a general first year. The outcome of the first year of training will determine which course is the most suitable for each student. Decisions will be based on mid-year assessments, continuous monitoring and the views of the teaching faculty.

The course is accredited by the Council for Dance Education and Training.

**DANCE COURSE**

The dance course offers a comprehensive training in dance supplemented by training in singing and acting. Core subjects are jazz dance and classical ballet. Additional subjects studied include contemporary, tap, pilates, anatomy and physiology. All students also take classes in singing, acting and musical theatre and undertake a programme of contextual studies. Male students also have classes in body conditioning, gymnastics and weight training. Professional Dance experience is offered in the third year.

**MUSICAL THEATRE COURSE**

The musical theatre course offers a comprehensive training in musical theatre. Core subjects are musical theatre, singing, acting and jazz dance. Additional subjects include classical ballet, contemporary, tap, pilates and anatomy and physiology. Male students also have classes in body conditioning, gymnastics and weight training. Professional Musical Theatre experience is offered in the third year.

**COURSES OFFERED – OTHER**

A one-year Foundation Course is offered at Performers College.

The coursework will cover a 33-week period and will include daily Ballet & Jazz Classes as well as Tap, Contemporary and Musical Theatre work. Additional classes will cover Health & Safety issues. Foundation students are continually assessed and receive a report at the end of each term. You will also have the opportunity to perform in your own end of course theatre production.

**SUMMER SCHOOL**

Summer School week is one of the most popular of its kind and is usually full by February so book early to ensure your place. Tuition is given by regular members and guest staff at Performers and will give an idea of life at a full time college. Applicants should be aged 12 to 18 years at the date of the course and of a reasonable dance standard.

**HOW TO APPLY**

Entry to the College is by audition only. Applicants should complete and return an application form together with the required photographs and audition fee. On receipt of the application form, candidates will be offered an audition date and requested to confirm that date.

Auditions are held regularly throughout the year, usually on the first Saturday of the month from October to May, but you are advised to apply early if you are applying for an award. Dates are posted on our website. Overseas students may audition by DVD/Video. Please phone for further information.

**RECOMMENDATIONS BY EX-GRADUATES**

“I gained excellent results in every aspect of my training – I put this down to the dedication of the teaching staff and Directors who were genuinely interested in my goals and ambitions”

Damien Jackson – graduated 1994

“Every aspect of my training was very well appreciated – I was lucky enough to leave with a theatre contract straight away and haven’t looked back.”

Stuart Hudson – graduated 1997
POLICY
Stella Mann College was founded in 1946 and it has grown to become a leading performing arts training establishment, gaining recognition from revered professionals and bodies such as the CDET and Ofsted. The college aims to enable all its students to gain the knowledge, expertise and confidence needed to achieve a rewarding and successful career by providing an environment of equality and endeavouring to enable students to reach their full potential. This includes giving each student individual attention and providing a well-structured course that readily enables the student to gain both excellent performance training and dance teaching qualifications whilst being aware of and allowing for future trends within the curriculum and ethos of the College. The College strives to produce innovative and creative professionals who have the skill, imagination and resourcefulness to inspire, and encourages versatility in students by stretching and challenging them to acquire the skills and knowledge needed in order to survive in their chosen career and to enable them to compete for a wider range of career opportunities. Stella Mann College is wholly committed to improvement by the striving for, and maintenance of, the highest possible standards and it encourages an atmosphere of security and support for all.

‘Training for the performing arts is a serious business and Stella Mann College expects its students to approach their training as professionals in waiting. It is a demanding course, which requires focus, determination and the will to succeed.’

Mary Breen, Principal.
LOCATION
Stella Mann College is situated in Bedford, in a quiet part of the town near De Montfort University. The college building is close to all amenities and the town centre. Bedford Mainline station is approximately 7 minutes walk from the premises, with Kings Cross 38 minutes away by train. There are also direct train routes to Luton and Gatwick Airports.

VOCATIONAL COURSES OFFERED – PERFORMING
Level 6 NQF in Professional Dance or Musical Theatre, validated by Trinity College, London Accredited by the Council for Dance Education and Training (CDET).

Stella Mann College offers a three-year training in a range of performance skills, including jazz, tap, ballet, contemporary, street jazz, and partner work, singing and acting coupled with all the practical skills needed to sustain a career in the performing arts.

Students take part in regular performances, both college based and external, and these opportunities enrich and complement the technical training. Stella Mann College students graduate into diverse careers, from television to West End, and the aim of the training is to prepare students for a fulfilling career in a wide range of genres.

Guest teachers and visiting professionals enhance the work of the core faculty at the college, and the course is regularly reviewed and amended or supplemented to ensure current and relevant training.

The college encourages an ethos of professionalism, with the necessary support in place for students in training. There is a network of advisors and lecturers who supply the college with expert advice and opinions to ensure that every aspect of students’ development and growth is catered for.

Stella Mann College has a number of Government funded places as part of the Dance and Drama Award Scheme on offer, and these are allocated at a funding audition in May each year.

COURSES OFFERED – OTHERS
ISTD Foundation in Dance Instruction (FDI) Level 3 – ISTD approved training centre.
Summer Course.

Stella Mann College currently offers the Imperial Society of Teachers of Dancing (ISTD) Level 3 FDI dance teaching qualifications in Ballet, Tap, and Modern. This training is undertaken alongside the Trinity College qualification and is optional. It is possible in some circumstances for students to attend the college purely to take teaching qualifications, but no funding is attached to teacher training.

The summer course is held for a week in Bedford, and participants are invited to experience classes in Musical Theatre, Ballet, Tap, Jazz, Singing, and Acting with a presentation at the end of the week. Accommodation can be arranged.

HOW TO APPLY
Applicants must be 16 by the commencement of the academic year, and selection is by audition. There are no academic requirements for the course. The audition consists of a jazz class, a ballet class, a dance solo of the candidate’s choice and a song and/or a monologue, depending on the applicant’s preferred diploma choice. Audition criteria, procedures and application forms are available from the college website www.stellamanncollege.co.uk or by telephoning 01234 213 331.

RECOMMENDATION BY AN EX-GRADUATE
“Stella Mann College provided me with a strong technical training in an intimate and friendly environment. I left college with confidence and felt prepared for the working world, in both my dancing ability and how to manage myself as a self-employed dancer.”

Kara Poole – West End performer and stunt actress
POLICY
An international centre of excellence in the performing arts, developing professionals who are adaptable and responsive to the changing demands of the industry. This is what we are creating today.

Urdang Academy started as one woman’s dream and has continued to fulfil the dreams of students who have passed through our doors since 1973. Passion is what defines our approach to the training and education of students. It was a passion for The Russian Ballet that drove Leonie Urdang to start the Academy – the focus has since expanded to cover dance and musical theatre.

The founding ethos continues today in our commitment to the development of talent – we look at potential and have a knack of spotting it and releasing its quality. We bring out the skill if the hunger is there. That’s what gives us our motivation – watching young people from all over the country and abroad – representing a mix of backgrounds – discover their creativity, refine it, and then express it on the stage in shows that thrill audiences.

This does not mean we are indulgent. Quite the reverse! Students are expected to work hard, to drill, to train, to sweat and to be passionate too.

The Academy aims to improve access to the performing arts for all potential students. Recruitment is by audition from as wide a range of ability and socio-economic groups.

Urdang Academy opposes discrimination in all
its forms. It is an equal opportunities employer and operates an ethos and structure of inclusion and equality, which enables individual students to realise their full potential throughout the complete range of educational experiences. The Academy is committed to removing barriers to learning from future and existing students, regardless of mental or physical impairment or disability. Staff and students are entitled to receive from each other courtesy, respect and support professionally and personally, irrespective of disability, gender, faith, sexual orientation or ethnic heritage.

LOCATION
Currently located in Covent Garden the Academy is in the heart of London’s theatreland. This allows the Academy to maintain strong links with performers, directors and choreographers from West End theatres, and keep the training of young performers up to date with trends in the entertainment industry.

In January 2007 the Academy will embark on a major expansion and move to the landmark Finsbury Town Hall on Rosebery Avenue in Islington. Relocation keeps the Academy in central London with all the theatre links and provides us with improved facilities: a theatre, more studios, shop, café – new partnerships, new projects – all will enable even more people to enjoy what Urdang has to offer.

VOCATIONAL COURSES OFFERED – PERFORMING
Urdang Academy offers a three year performer’s diploma course leading to the
National Diploma in Professional Musical Theatre
Or
National Diploma in Professional Dance

COURSES OFFERED – OTHERS
The Academy has a range of part time courses for those aged between 9 and 19 years.

Associates meet three Sundays per term and take a range of classes specifically designed to support their local dance training. The year ends with a performance in a London theatre.

Summer School. The one or two week international summer school attracts students from all over Europe and beyond and gives students the opportunity to work with the prestigious Academy staff.

Easter School. This follows the same lines as the summer course over one week.

Open Classes at the Academy are open all year with a range of classes available with no membership fee.

HOW TO APPLY
Entry to the full time course is open to those 16 years and over. The audition is over a full day with ballet, jazz and musical theatre classes. We would also ask you to bring a prepared song and a modern monologue.

Our experienced panel are looking for students with potential. We are also keen that the audition day gives an insight into the standard of work you can expect at the college, therefore no candidate will be asked to leave before the end of the day.

Auditions are primarily held in London, but an ‘On The Road’ programme operates all over the UK and some areas in Europe. This is intended to encourage applicants who may be financially disadvantaged to audition locally, as well as introducing new opportunities to new audiences.

RECOMMENDATION BY AN EX-GRADUATE
‘I had a most enjoyable three years at Urdang Academy. I gained loads because of the good mix of teachers and the atmosphere there is friendly. I also made great friends’.

Aaron Morgan Graduate 2005, West End Performer.
Dance is a continuously evolving art form that includes ground-breaking work by disabled performers. With disability legislation firmly in place, accredited vocational schools have active admission policies that ensure students with special needs receive training that is relevant both to their needs and those of the industry.

When you have decided on the vocational school(s) to which you want to apply, contact the admissions office to discuss your needs before submitting your application. Tell the school of any special needs you have so that it may offer accurate guidance; this will help during the audition process as well as the training. Additionally, if you intend to train at a school away from home, it is important to discuss any access needs you may have in relation to domestic accommodation and transportation.

More information

An increasing number of inclusive courses are also offered by disability-specific and integrated dance companies. These courses range from part time classes, to workshops, to full time performing arts and access programmes in Further and Higher Education. Refer to the Council for Dance Education and Training website, http://www.cdet.org.uk, for more information and contact us if you have more questions.

“...I just think that people maybe are missing out on something which is very special, that is definitely worth watching, that can be beautiful, interesting, moving or funny...what any good art can be... So, it’s just about creating and increasing those opportunities and raising the profile.”

Lee Fisher, Director of Freefall Dance Company and Educational Manager of Birmingham Royal Ballet Education Department
Freefall Dance Company – A Birmingham Royal Ballet initiative in partnership with Fox Hollies Performing Arts College, photo By Geoff Slack
Young dancers entering the profession have already come a long way. They have undertaken a rigorous training, affirmed their professional dance potential in auditions and spent many long hours preparing for the moment when their efforts culminate in a long and rewarding career. Sadly, however, very few dancers will perform until normal retirement age.

Dancers’ Career Development exists to take the mystery out of dancers’ post-performance careers; it provides support and security to enable all dancers to achieve their full potential throughout their entire careers. At DCD we understand that for young dancers a transition from a performing career seems too remote to even contemplate. We also know from over 30 years of experience, that there will be a time of re-orientation for most dancers and we are proud to offer you the support to make this period as exciting and rewarding as your first steps as a vocational dance student or professional dancer.

DCD has supported dancers in becoming choreographers, artistic directors, designers, scholars and pilots to name but a few of the hundreds of different career choices on which we have advised. The key to a long, successful and happy career in dance lies in planning ahead and being prepared for new challenges. Wherever your future takes you – we are looking forward to hearing from you whenever you plan the next step of your career.

DCD offers a holistic and comprehensive range of specialist and confidential career support and retraining services to professional dancers in the United Kingdom.

We offer practical, psychological and financial retraining support services reaching from educational advice, career coaching, emotional counselling, CV & Interview guidance and school workshops for dance students, to grants for retraining & business start-up grants for eligible professional dancers.

Our mission is to empower dancers in all dance forms so that by overcoming insecurities at the point they cease to perform they are able to develop their careers within or outside the dance profession by building on their distinctive strengths and transferable skills.

Dancers’ Career Development
220-221 Africa House
64 Kingsway
London WC2B 6BG
Tel: 020 7404 6141
E-mail: Linda@thedcd.org.uk
www.thedcd.org.uk
ARE YOU FIT TO DANCE?

Make the most of your potential and prepare for a longer and healthier career!

As a dancer your body is your tool and your livelihood. In order to maximise your chances of performing well and avoiding serious injury it is essential that you know how your body works and how best to train and maintain your physical and psychological health.

All dance training courses should include essential information on how to look after your body, understand the anatomy and mechanics of movement, and mentally prepare for performance and cope with the training and focus required to succeed.

Subjects on CDET accredited vocational dance and musical theatre courses are likely to include:

- Basic applied anatomy, physiology and biomechanics
- Nutrition for performance
- Injury prevention and management
- Bone health and avoiding disordered eating
- Psychology of performance
- Fitness, strength and somatic training for dancers
- Lifestyle management.

Schools/colleges may also provide access to healthcare practitioners and medical insurance schemes for student dancers to ensure they are able to access appropriate treatment should injury occur.

Prevention is always better than cure and dancers can help themselves by keeping well informed.

Dance UK’s Healthier Dancer Programme is an independent source of information and advice for dancers while training and throughout their careers, supporting the development of safe and effective training for dancers. Dance UK works with all sections of the profession – dancers, teachers, choreographers, directors, managers and medical practitioners to ensure that the latest approaches and research in preventing dance injury and maximising performance are disseminated as widely as possible.

For more information on anything related to dancers’ health, fitness, well-being and performance and to join Dance UK contact us on 020 7228 4994 or info@danceuk.org.
Based in Birmingham, DanceXchange (dx) is part of a network of 10 National Dance Agencies dedicated to the production and distribution of high quality dance. In partnership with Birmingham Royal Ballet and Birmingham Hippodrome, DanceXchange is at the centre of Britain’s largest, most influential Dance Hub. dx brings together dance artists, educators and venues in the promotion of dance activity for people of all ages, abilities and cultural backgrounds. It creates exciting opportunities for people of all walks of life to engage in dance, either as participant, performer or audience member. From beginner to consummate professional, DanceXchange is a happening place attracting the attention of a worldwide dance scene.

What do we do?

• 51 different classes each week, from beginner to advanced level
• Performances in our studio theatre, The Patrick Centre, including showcases for regional artists
• An ongoing development programme for professional dance artists involving workshops, summer schools and open classes
• Strategic dance development initiatives including our Dance Artist in Residence scheme (DAiR To…) running across the West Midlands until 2007
• Bare Bones, our dance company
• Studio & theatre hire for dance artists and companies developing work.

Find out more at www.dancexchange.org.uk or email info@dancexchange.org.uk
T: 0121 689 3170
DanceXchange, Birmingham Hippodrome, Thorp Street, Birmingham B5 4TB

OTHER NATIONAL DANCE AGENCIES

Dance 4  www.dance4.co.uk
Dance City  www.dancecity.co.uk
Dance East  www.danceeast.co.uk
Dance Northwest  www.dancenorthwest.org.uk
Dance Southwest  www.dancesouthwest.org.uk
South East Dance  www.southeastdance.org.uk
Swindon Dance  www.swindondance.org.uk
The Place  www.theplace.org.uk
Yorkshire Dance  www.everybodydances.com