



Arête Arts

Dance

Junior
Certificates



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Welcome to Arête

Congratulations on taking the next step in your career pathway as a performing artist. By choosing Arête Academy of Arts, you will be studying with an accredited training organisation and an industry leader within Australia.

It is very exciting to commence a course in performing arts. It is also important to fully understand your options, benefits and what to expect whilst studying. This information booklet will assist you in answering the essential questions to get in on your way and prepare you for study with Arête Arts.

If you are under 18, please read this document and any affiliated terms and conditions carefully with your parent/guardian. If you have any questions, do not hesitate to contact your course administrator for more information.

Fancy a career in one of the most exciting industries in the world?

To be employable within the performing arts industry, most dancers start their training before adolescence and audition for full-time work by the age of 18. Even after a dancer finds employment, training must continue throughout their entire career. The foundation of skills that are required to achieve recognition and sustain employment derives from two main areas:

1. The performers application toward their craft and,
2. The level of professional training and certification achieved.

Studying a certificate in performing arts provides the epicentre to develop and hone these skills while achieve accreditation for your achievements. As you progress in your studies, characteristics and attributes such as teamwork, creativity, persistence and innovation will be fostered and mastered. Ultimately your certification and training will define the career pathways that best suit you and pave the way for your future.



Junior Dance Program

CUA11 - live performance training package.

We have developed our course programs to enable fluent progression for our students into a career or educational pathway.

To achieve this, we have grouped our certificate delivery into three versatile categories:

- [Junior Performance Training Program](#)
- [Elite Performance Training Program](#)
- [Dance Teaching & Management Training Program.](#)

This document outlines the Junior Performance Training Program.

The Junior Performance Training Program

The Junior Performance Training Program provides students with more than just headway as a pre-professional performer, it provides students with groundwork knowledge in research, genre history, application of theoretical instruction, commitment, and team work to name a few. Professional performers that begin their study with junior certificates have a proven marked advantage in achieving career success and generally receive higher results studying Elite Performance Certificates or even schoolwork.

Junior Certificate options:

- [CUA10113 Certificate I in Dance](#)
- [CUA20113 Certificate II in Dance](#)
- [CUA30113 Certificate III in Dance.](#)

What sort of students study Junior Certificates?

Most students that commence a Junior Certificate in Dance are aged between 10 and 15 years. They have limited dance experience in one or more genres and generally aspire to dance competitively. They have basic organisational and computer skills and are motivated to increase their knowledge and vastly improve as a young performer.



Additional Benefits

There are many extra benefits to becoming part of the Arête family. Our student committee is in place to ensure we are continually discovering new ways to bring advantages and opportunities to our students and their families. As a certificate student, you receive access to or opportunities within:

- Discount card for BLOCH dance wear
- Private coaching
- Choreography
- Private studio bookings
- Discounts as part of the student fund raiser
- Photography
- Student lockers
- Fitness and Pilates equipment
- Toured interstate workshop excursions
- National and International competitions and awards
- Annual Performance Gala.

Conditions apply.

What are my study options?

We understand that every student's availability and lifestyle is unique. Thus, we tailor our course delivery to suit different needs.

Delivery

You can choose to study your course as a full-time student or part-time student. It is highly recommended that students attend full-time study for best preparation and conditioning combined with distance education schooling. Alternatively, students can attend evening classes or short weeks to balance their course with other commitments such as regular schooling.

Our study options include:

- Full-Time study
- Part-Time study
- Distance Education
- Recognition of Prior Learning (RPL).

Streaming

Our courses have been streamed into two pathways to best prepare you for the career pathway you seek. These include:

- Classical & Contemporary Stream
- Commercial, Jazz & Musical Theatre Stream.

Payment

We appreciate early student commitment for us to best prepare our courses. Thus, if you are commencing your course at the beginning of the calendar year and enrol before December 1st in preparation, we will award considerable discounts toward your full course fee!



Assessment submissions?

Each student receives a unique portal login for the ATOD website. This allows students to ask questions to their course educator and access personal work tasks from anywhere.

All assessments are submitted for marking via the online portal. Students will receive guidance and training on how to utilise their portal login and track their submissions.

Note: The level required to achieve competency does not change between full-time, part-time, distance education or recognition of prior learning students. The marking criteria utilised within reflects an National Standard.

How do I enrol?

There is an amazingly simple 3 step process to commence your study.

1. Make a submission of interest to study performing arts.

You can do this on our website, via email or over the phone. One of our course coordinators will then contact you to discuss course outlines, answer any questions and organise an audition.

2. Complete a performance audition.

Your audition will help us understand your current level of competency, so you complete the course that best suits you. This will also be an opportunity for students and parents to sit down with the Academy Director and discuss your prospects and goals including course streaming.

3. Submit your enrolment form.

Upon successful audition, you will be given the outline of your results and an enrolment form to commence study.



Full-time Dance

A day in the dance shoes of a full-time student.



Full-Time dance training conditions students with the lifestyle of a professional performer. Our full-time program systematically develops the mental and physical stamina that employment within a company demands.

Outlined below are core subjects delivered during the full-time training program at Arête:

Body Conditioning

Students may go through a process of fitness coached, group or individually devised conditioning and fitness programs. Such classes are conducted within an Academy studio, on the fitness oval, or seasonally at the swimming pool.

Fitness and conditioning programs are always devised in accordance with student's personal goals, and the knowledge gained from theory classes.

The program inclusions are specifically relevant to the technical training of each class within each term. Therefore, conditioning classes evolve throughout the year to meet the

progressions of dance lessons.

Turns & Leaps

Turns and leaps are used as basic technique, endurance and elevation in all competitive and class performance content. These techniques are an essential craft across multiple genres.

Classical Ballet

Ballet forms the foundation technique of all dance and an opportunity for students to refine their technique and continue developing their line. Students learn various styles of ballet including the romantic and classical era, as well as contemporary ballet. Students are encouraged to build strength in their pointe

work, as well as their allegro and adage.

Choreography

Choreography is a crucial unit for any aspiring professional. This class helps develop choreography for solo and group routines, as well as movement for non-dancers. You will learn how to choreograph at variety of age groups and skill levels.

Jazz & Heels Technique

Jazz dance demands hard hitting movements mixed with stylised steps and intricate rhythms. Heel technique, conditioning and strength match modern commercial requirements in both Cabaret and Latin genres.



**Full-time
experience gives
graduates a much
sort after seniority
and marked
advantage
auditioning for and
sustaining
employment.**

Contemporary

Contemporary is one of the fastest growing dance industries. The basis of the genre enables and supports evolution, creativity and innovation.

Effective depth of knowledge including foundations in ballet and jazz technique, elevate performers to become the next pioneers within contemporary dance.

Students will also learn from a variety of contemporary styles including Martha Graham and Merce Cunningham..

Private Coaching

Private coaching is an opportunity to work one-on-one with your teacher. This time can be used for developing solos for competitive competitions, or continuing your technique in a slower environment.

Private coaching can also be used to assist with your Certificate studies and provide further assistance with theory work.

Pilates

Pilates is a form of somatic exercise and not a dance genre. Pilates is instructed and practiced to emphasize the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement.

Theory

It is critical for any professional to understand their craft with acute detail.

Theory lessons allow students to be coached and assessed outside of the performance space. There are various subjects across the VET Certificate suite including genre history, nutrition, anatomy and career development to name a few.

For students of dance teaching and management this may also include lesson plan development, coaching techniques and project development and management.

Theory lessons are designed to inform modern relevance with certificate requirements and are essential for professional success and expertise.

Part-time Dance

Flexibility in your certificate delivery.



Part-Time training allows students to maintain a balanced lifestyle with flexible training options. Either to balance employment, schooling or other commitments; you can study and acquire certification at a pace that suits you.

Part-Time attendance option:

- After school (evening classes)
- One or two full days (day classes/short week)
- Distance Education (scheduled exams and online submissions).

Depending on the course you are studying, you are required to achieve a set amount of study hours per week. You are also required to attend set genre, theoretical or various other subject classes. Working with your course coordinator, you can personalise your attendance to suit your lifestyle and availability.

What sort of students prefer part-time study?

Part-Time students are generally completing their certificate as they attend regular school or even full-time employment. Examples may include rural students that attend regular school and have organised one full day a week of dance, or local students who attend regular school and evening dance classes. Depending on your circumstance, we can manage your education delivery to best suit you.

Distance Education Options?

Part-Time study also suits distance education students. Our Academy offers a package for remote or rural students with dance experience. Upon unique audition, these students can attend scheduled lectures or assessments with most of their course delivery from external dance school providers, online content and scheduled exams or workshops.

Quality differentiation of Part-Time vs Full-Time?

While assistance is provided by academy faculty to our students wherever possible, the onus is on each pupil to attend classes and complete work tasks within an efficient manner. Unlike full-time training, where students progress faster with more frequent lecturer contact and coaching, part-time students are likely to progress gradually. While full-time students become conditioned through continual practice, part-time students are offered acrobatics and fitness classes to bridge this gap.



Recognition of prior Learning (RPL)

Do you already hold a level of experience equal to a certificate? With a simple submission of evidence, you can have your expertise nationally recognised with a certificate via RPL.

When is this most relevant?

Many pre-professional performers with extensive dance experience are missing the key link in being competitive with their peers during audition, as they do not possess quality assuring certification. Receiving an RPL enables performers to mitigate being disregarded and remain competitive in an industry that demands accreditation.

Most performers will also instruct dance while performing for employment, or studying. The most common RPL is for certificates in [Dance Teaching](#) and [Dance Teaching and Management](#).

Can I RPL a portion of my certificate?

Yes. Certificates are broken into units, with each unit composed of performance elements and criteria which can be individually achieved. For example, upon assessment of your experience you may be recognised for all but one unit. This means you only need to study the one unit before being certified.

Alternatively, you may request an RPL on one or more units within your certificate during study where you have prior knowledge. Individual circumstance may differ. Fees apply.

[Contact us](#) today for the most competitive price to complete an RPL.



course streaming

Our Certificates have been streamed from the ground up to guide students into a specialist pathway that suits their individuality. From certificates one through to four, your certificate can be streamed into one or both categories:

Classical / Contemporary Streaming Option

The fusion of Russian and French Methodology gives way to our modern classical stream and contemporary foundation techniques. Our Academy Director and Education Coordinator, Ms Hollie Hewett, specialises in the mastery of this stream and the acquisition of perfection in this genre.

This stream best suits students with ambition to master classical technique. Students are guided toward competitive classical performance such as the [Alana Haines Australaisan Awards](#).

Commercial, Jazz & Musical Theatre Stream

The theatrically focussed stream combines singing, spoken dialogue, acting, and dance. This stream also encompasses commercially focused genres devised to match skills learnt with modern stage performance.

This stream best suits students with ambition to perform on the musical theatre stage. Students are guided toward mastering talents in combined dance, acting and singing. This stream is instructed within an environment that includes numerous stage performances.

Can I change my stream?

Yes. As many students grow into adolescence; their passions and ambitions mature with them. It is highly recommended that you complete a certificate within the stream you commenced, however future courses can interchange within the CUA Live Performance Package as the skills are often cross industry related.

Students may also sit additional weekly classes to broaden their repertoire and essentially complete multiple streams simultaneously, through the statement of attainment in those individual units. Subject to availability.



Policies & Conditions

This document is copyrighted to Arête Academy of Arts Pty Ltd. Arête Academy of Arts provides certificates with the registered training organisation, Australian Teachers of Dance (ATOD) # 31624.

This document has been created to inform students and clients in preparation of a certificate course. Full terms and conditions can be found [online](#) or via [email](#).

Documents available online:

- Academy Policy Handbook
- Receptions Student Handbook
- Certificate Student Handbook.

A Certificate Prospectus, including pricing and course specifics, is available upon request.



“Thank you for choosing Arête Academy of Arts. We look forward to helping you achieve the next level of your professional and individual development.”

Mrs Hollie Ison

Academy Director,
Vocational Education Coordinator &
Qualified VET Trainer & Assessor.



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Dance

www.aretearts.com.au

enquiries@aretearts.com.au

(07) 3890 8728