



Level 1, 267 Pacific Highway, North Sydney NSW 2060

Programs and Classes

A MISSION OF MOVEMENT

Progress DNA is a new age, inclusive dance and arts school that prides itself on creating a welcoming, safe and encouraging space for young artists to develop their talents in the arts, alongside their life skills and confidence.

Progress Dance and Arts provides classes in Dance, Drama and Music for children to develop their skills as an artist in addition to their life and interpersonal skills in a safe, healthy and encouraging environment.

Program Breakdown:

Recreational Levels:

Tiny Artists Program = Toddler/Preschool Ages

Tots = 2-3 year olds

Tiny = 3-5 year olds

Little Artists Program = Primary School Years K-5

Pre-junior = Years K-2

Junior = Years 3-5

Young Artists Program = School Years 6 - 12

Pre-teen/Teen = Years 6-8

Senior = Years 9-12

Invitational, Company and Competition Levels

- Mini Elite: Ages 6-9
- Junior Elite: Ages 10-13
- Senior Elite: Ages 14-18

*These programs are for artists who want to take their training to the next level. These artists have the opportunity to do extra performances and to compete at eisteddfods through the year. These programs carry a minimum class load and are by invitation only. Please email to express interest.

0452 289 211

info@progressdna.com.au

www.progressdna.com.au



Level 1, 267 Pacific Highway, North Sydney NSW 2060

Programs and Classes

Styles at ProgressDNA

SST: Stretch, Strength and Technique offers a strong base for dancers across the Performing Arts and Dance genres. They will gain the strength, flexibility and skills required to safely and beautifully execute dance moves and tricks.

Contemporary: Students will study a variety of contemporary dance techniques and explore the history and ever-changing style of contemporary dance through technique exercises, choreography and improvisations

Ballet: Ballet provides a strong technical base for dancers and encourages an advanced understanding of body and movement awareness. The RAD offers an internationally recognised portfolio of examinations and assessments designed to encourage, motivate and reward students of all ages and abilities, outlining a progressive structure for learning and achievement.

Tap: Tap dance is a type of dance characterised by using the sounds of metal taps affixed to the heel and toe of shoes striking the floor as a form of percussion, coupled with both characteristic and interpretative body movements. Students focus on combining movements and musicality to perform a variety of tap styles.

Theatre: Theatre provides artists with the opportunity to hone their triple threat skills. Theatre dance combines a variety of styles from jazz, ballet, contemporary and hip-hop techniques in conjunction with singing and acting skills to tell a story through performance.

Hip Hop: Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles which were primarily created in the 1970, 80s and 90s. Hip hop classes focus on developing students' strength, control and kinaesthetic awareness over a range of movements, grooves and isolations through exercises and choreography.

Commercial: Commercial Jazz is a new age jazz dance style that embraces performance style and strength. It teaches our dancers control, engaging performance skills and confidence with their movements while working on their technique

0452 289 211

info@progressdna.com.au

www.progressdna.com.au



Level 1, 267 Pacific Highway, North Sydney NSW 2060

Programs and Classes

Styles at ProgressDNA

Jazz: teaches our dancers body control, engaging performance skills and confidence while working on their technique. Jazz class provides an upbeat and fun class to explore a variety of styles from Broadway jazz to commercial jazz.

Lyrical: Lyrical dance provides a platform for students to incorporate their technique skills with creativity and artistry. It provides a space for students to develop a variety of dynamics and improve their musicality and storytelling skills.

Drama: Our drama classes focus on developing students' skills in performance and character portrayal. They work through a range of exercises, games and works to improve their vocal and physical acting skills. This class will boost your artists' confidence in all aspects of life!

Music: Private music tuition in piano, guitar and vocal are available upon request to complement our artist's triple threat performing arts training!

0452 289 211

info@progressdna.com.au

www.progressdna.com.au