

# BALLET BOOST ASSOCIATES

WELCOME PACK 24-25

LONDON



Emma Northmore  
*Director of Ballet Boost Associates*

GET IN TOUCH

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## INTRODUCTION TO BALLET BOOST ASSOCIATES

**Ballet Boost Associates** is a vocational Sunday ballet school for aspirational young dancers who wish to progress to full-time training or a professional dance career. Based in London and hosted at a number of additional locations around the UK.

The Ballet Boost Associates programme aims to unlock each child's full potential by providing a comprehensive syllabus in a nurturing and supportive learning environment. Students will receive training in the following areas:

- Anatomy
- Body Conditioning
- Visualization techniques
- Classical technique in line with the highest vocational expectations
- Dynamics, Musicality and Artistry
- Pointe work (girls)
- Virtuosity (boys)

Artistry, Musicality and Technique are incorporated into all aspects of Ballet Boost training. Our goal is to develop well-rounded, well-grounded dancers. This approach combined with our supportive learning environment provides our students with a real opportunity to shine in this crowded industry.

We strongly believe that a child's true potential can only be realised when they feel happy, motivated and confident about their learning environment. We want our students to enjoy exploring their possibilities and feel confident to ask questions and engage with their tutors. The results achieved from the Ballet Boost approach to teaching have been quite amazing with proven student success that is now recognised by vocational schools across London.

***Emma Northmore - Director  
Ballet Boost Associates***





## BBA LONDON TERM DATES 2024 - 2025

Winter Term	Spring Term	Summer Term
Sunday 8th September	Sunday 5th January	Sunday 4th May
Sunday 15th September	Sunday 19th January	Sunday 11th May
Sunday 6th October	Sunday 2nd February	Sunday 25th May
Sunday 13th October	Sunday 16th February	Sunday 1st June
Sunday 3rd November	Sunday 2nd March	Sunday 15th June
Sunday 17th November	Sunday 16th March	Sunday 29th June
Sunday 24th November	Sunday 30th March	Sunday 6th July
Sunday 8th December		

## CLASS RESOURCES

A copy of *'The Muscle Book'* by Paul Blakey can be purchased via Amazon or in high street stores (blue or red copy is fine!). This will be used as a supportive resource within classes and for homework purposes. Please also bring a Mat to class for floorwork (yoga or any mat you have at home).

**Address:** Rambert School, Clifton Lodge,  
St. Margarets Dr,  
Twickenham TW1 1PY

[admin@balletboost.com](mailto:admin@balletboost.com) / [finance@balletboost.com](mailto:finance@balletboost.com)





## BBA LONDON CLASS TIMETABLE 2024 - 2025

Venue: Rambert School, Richmond

Anya Lindon	Sainsbury	Cohan	Weston	Monument
9:30am - 12:30pm <b>Senior B</b> Emma Harris (Jacob)	9:30pm - 12:30pm <b>Senior A</b> Anita Young (Elvira)	9:30am - 12:30pm <b>Senior Foundation B</b> Jamie Carter (Andy)	9:30am 12:00pm <b>Mid 2</b> Liesl Dowsett (David)	9:45am - 11:45am <b>Junior</b> Tierney Lawlor (Olga)
12:45pm - 3:30pm <b>Mid 3</b> Tierney Lawlor (David)	12:40pm - 3:40pm <b>Senior Foundation A</b> Emma Harris (Jacob)	12:30pm - 3:30pm <b>Mid 4</b> Liesl Dowsett (Elvira)	1:15pm - 2:45pm <b>Contemp Level 3</b> SF B, Senior A/B Anna Smith	12:05pm - 1:05pm <b>Contemp Level 1</b> (1, mid 2) Anna Smith
	3:45pm - 4:45pm <b>Contemp Level 2</b> SF A, mid 3/4 Anna Smith			1:15pm - 4:00pm <b>Audition photos and coaching</b>

### Audition Photos and Coaching:

Please email [admin@balletboost.com](mailto:admin@balletboost.com) to book a slot, these are handed out first come - first serve basis. Slots must be paid for to secure your place:  
30 Minute slot = £75, 45 Minute slot = £100, 1 Hour slot = £125

[admin@balletboost.com](mailto:admin@balletboost.com) / [finance@balletboost.com](mailto:finance@balletboost.com)





## B B A L O N D O N F E E S 2 0 2 4 - 2 0 2 5

Online payments made to  
**Santander**  
**15106605**  
**09-01-29**

Reference child's surname & invoice number

	Winter Term	Spring Term	Summer Term
Junior	£288	£252	£252
Mid 2	£360	£315	£315
Mid 3 / 4	£384	£336	£336
Senior Foundation A / B	£400	£350	£350
Senior A / B	£400	£350	£350
Contemporary Level 1 / 2	£144	£126	£126
Contemporary Level 3	£168	£147	£147

All fees must be paid before the start of the term. You will receive a termly invoice unless a **payment plan** has been arranged with [finance@balletboost.com](mailto:finance@balletboost.com) for **installments or select dates**.

**EMAIL:** [finance@balletboost.com](mailto:finance@balletboost.com) for invoice/payment queries





## BBA LONDON UNIFORM 2024 - 2025

### PORSELLI DANCEWEAR UNIFORM LINK

<https://www.dancewear.co.uk/product-category/uniforms/ballet-boost-associates/>

	Female Identifying	Male Identifying
Juniors	<p>Wear Moi Diane Leotard (Sky)            Skin colour Convertible Ballet Tights or Ballet Socks            White dance belt (one size)            Skin colour split sole Ballet Shoes            White Ribbon: made into bow for over plaits            Contemporary Option - Black Footless Tights</p>	
Mid 2 / 3	<p>Wear Moi Diane Leotard (Pacific)            Skin colour Convertible Ballet tights            White dance belt (one size)            Skin colour split sole Ballet Shoes            White Ribbon: made into bow over bun            Contemporary Option - Black Footless Tights</p>	<p>Black leotard            Sizes will vary with different brands            Black stirrup tights            Sizes from junior to x large adult            Black socks            Black ballet shoes</p>
Mid 4 / all Seniors	<p>Intermezzo Teal Leotard            Skin colour Convertible Ballet tights            Black dance belt (one size)            Skin colour split sole ballet shoes            Pointe shoes (If appropriate)            Hair: Bun            Contemporary Option - Black Footless Tights</p>	

### ADDITIONAL EXTRAS : Jackets, Leggings, Gilets, Bags, Onesies

[emma@danceunlimited.co.uk](mailto:emma@danceunlimited.co.uk) 01732 841 566 / 07958 961 075

Gilet with print (adult sizes) XS, S, M, L, XL £28.50  
 BB Jackets (child sizes) up to age 13 years £51.50, (adult sizes) £53.00  
 Bags all styles & brands available





# BBA TERMS AND CONDITIONS

## 2024 - 2025

### I. Fees

I.I All fees are to be paid by the date stated on your invoice to secure your child's place. Failure to do this may result in your child losing their place. If there are any problems making payment you must contact us immediately.

I.II Refunds are only given in exceptional circumstances and at the management's discretion.

I.III We require a full-term notice period, or terms payment in lieu of notice, if a decision is taken to leave BALLETS BOOST ASSOCIATES. A 'term' refers to the BBA programme term dates and holiday periods are NOT counted within this notice period. If this is not provided then the full fees are payable and any concessions will be at the management's discretion.

I.III Ballet Boost Associates is a rolling programme and students will be automatically enrolled into the following year unless notice is given.

### II. Conduct and uniform

II.I Students are expected to wear the correct uniform to all classes as stated in the Welcome Pack.

II.II Students are expected to conduct themselves in a polite and professional manner at all times and in accordance with the Code of Conduct which is available to view on our website [www.balletboost.com](http://www.balletboost.com). If a student's behaviour or attitude is deemed inappropriate in any way this will result in a warning with possible expulsion from the Associate programme as outlined in the Code of Conduct Students policy.

### III. Classes

III.I We will place a child into a level according to their ability, to ensure they receive the most appropriate training. We reserve the right to change this level if deemed necessary and will communicate the reasons for this. Please be reminded that as this is a vocational programme, a place is not automatically secured each year. Assessments take place in the summer term and children will be levelled accordingly. In some cases children may need to repeat a year at the same level or it may be that they do not attain a level suitable to stay within the programme.

III.II If a class will be missed due to prior commitments; BBA should be informed. A refund or reduction in fees will not be offered. If more than 50% of classes are missed each term without prior consent, your child may be asked to forfeit their place with BALLETS BOOST ASSOCIATES.

III.III We reserve the right to cancel classes for reasons beyond our control (such as weather, local or national incident, location problems) and refunds will not usually be provided. If a class is cancelled or shortened for any other reason, we may try to reschedule the class, or a whole or part refund will offered at the discretion of the principal.

III.IV The last day of term is open for parents to sit and watch. If you wish to observe at any other time; please contact BALLETS BOOST ASSOCIATES directly with your reasons and the decision will be at the management's discretion.

### IV. Miscellaneous

IV.I Any relevant medical information must be disclosed before attending the first class on the enrolment form, or in writing.

IV.II Photography and recording in classes is prohibited, unless authorised by the principal. Any photography taken professionally during classes can be used for BBA marketing purposes. This includes website and social media. By ticking the relevant box on the enrolment form you indicate that you are in agreement with this. If you do not wish for images to be used, this should be indicated to the principal in writing also.

IV.III Agreement to these terms and conditions also means you have read and are familiar with our school policies including but not limited to: Data Protection, Health and Safety, Child Protection Policy and Guidance, Child Protection Policy, Safe Touch Policy, Health and Safety Statements, Code of Conduct Parents, Code of Conduct Students and Code of Conduct Staff.

