

## CASOD Class Information & Levels Guide for 2025

Now that our wonderful junior performances are over, we are looking ahead to 2025 with excitement! It is necessary to get your enrolments in for 2025 to make sure you have a place. Hopefully the concert inspired our young dancers, and they may wish to add classes. We have prepared a guide below which can help you with class suggestions for 2025.

### TO RE-ENROL:

- Look at the guide below to work out your child's 2025 level and possible classes.
- Find your desired classes on the recently emailed timetables (also on our website)
- log in to your CASOD Class Manager Portal to enrol for 2025 (email us at [enrolcasod@gmail.com](mailto:enrolcasod@gmail.com) to get your link invitation re-sent if you have never used the portal)
- Re-enrolments can also be done on our website ENROL form- BUT it will take a few days to process and if classes fill quickly, you may not get your choice. Enrolment on portal is instant.
- For any mistakes and to remove classes on Class Manager you need to email us.

Please note that we cannot offer all classes in all locations. From Elementary levels up, students will need to travel to our larger Sunbury studios to benefit from our full range of classes, facilities and staff.

Age groupings are a *guide* and can be affected by many factors. All students have individual strengths and weaknesses and develop at different rates. It is not an advantage for a student to be placed in classes beyond their ability as it can lead to loss of confidence and poor technique development. We do however endeavour to keep students in their social groups wherever possible as this is also important for their enjoyment. Please ask your teacher if unsure!

Students who study ballet & take more classes will advance more quickly as they will develop a broader dance vocabulary which increases their co-ordination, technique, agility and strength. 2 classes of ballet per week is highly recommended from grade 1 level up and essential for examination readiness from grade 2 up. Students not studying ballet will progress by teacher recommendation. Acro: students must be doing ballet, jazz or contemporary to participate in acro skills classes!

### GENERAL GUIDE TO LEVELS

| 2025 LEVEL                            | *Age up to April 2025                                   | Classes you can do in 2025  | Class Availability  |
|---------------------------------------|---|---|---|
| TINY                                  | 2 - 4.5 YO or still at pre-school                       | Tiny Ballet<br>Tiny Jazz & Tap<br>Tiny Tumblers   | Sunbury Tue, Fri, Sat, Gisborne Sat, Woodend Sat<br>Sunbury Tue, Sat, Gisborne Sat, Woodend Sat<br>Sunbury Sat  |
| PREP                                  | 5 - 6 YO or starting Prep at school                     | Prep Ballet<br>Primary Jazz & Tap   | Sunbury Tue, Sat, Gisborne Sat, Woodend Sat<br>Sunbury Tue, Sat, Gisborne Sat, Woodend Sat  |
| PRIMARY                               | 6-7 YO or G1 at school                                  | Primary Ballet<br>Primary Jazz & Tap<br>Primary Acro Skills   | Sunbury Tue, Sat, Gisborne Sat, Woodend Sat<br>Sunbury Tue, Sat, Gisborne Sat, Woodend Sat<br>Sunbury Sat   |
| JUNIOR<br>(Ballet Grades 1 & 2)       | 6 -9 yo or completed PRIMARY BALLETT or GRADE 1 BALLETT | Grade 1 Ballet x 2 classes<br>Grade 2 Ballet x 2 classes<br>Junior Jazz/Hip Hop<br>Junior Contemporary/Lyrical<br>Level 1 Character *must do ballet<br>Junior Tap<br>Junior Acro skills *must do Ballet/ jazz | Sunbury Tue, Sat, Gisborne Mon, Woodend Sat<br>Sunbury Tue, Sat, Gisborne Mon, Woodend Sat<br>Sunbury Mon, Fri, Gisborne Mon, Woodend Fri<br>Sunbury Fri, Gisborne Mon (combined with jazz)<br>Sunbury Wed<br>Sunbury Mon, Woodend Fri<br>Sunbury Mon, Fri, Woodend Fri |
| ELEMENTARY<br>(Ballet Grades 3 & 4)   | 8-12 YO or completed GRADES 2 or 3                      | Grade 3 Ballet x 2 classes<br>Grade 4 Ballet x 2 classes<br>Elementary Jazz/Hip Hop<br>Elementary Contemporary/Lyrical<br>Elementary Tap<br>Level 1 Character*G/3 Ballet<br>Level 2 Character *G4/5 ballet    | Sunbury Tue, Sat, Woodend Sat<br>Sunbury Tue, Sat<br>Sunbury Mon, Fri, Woodend Fri<br>Sunbury Fri<br>Sunbury Mon, Woodend Fri<br>Sunbury Wed<br>Sunbury Wed   |
| INTERMEDIATE<br>(Ballet Grades 5 & 6) | 10 - 14 YO or completed GRADES 4 or 5 ballet            | Grade 5 Ballet x 2 classes<br>Grade 6 Ballet x 2 classes<br>Intermediate Jazz<br>Intermediate Contemporary/Lyrical<br>Intermediate Tap<br>Level 2 or 3 Character<br>Intermediate Acro Skills                  | Sunbury Tue, Sat<br>Sunbury Thu, Sat<br>Sunbury Thu, Woodend Fri<br>Sunbury Thu, Woodend Fri<br>Sunbury Mon<br>Sunbury Wed<br>Sunbury Sat, Woodend Fri  |

| 2025 level      | Level guide   | Classes you can do for 2025   | Class Availability                    |
|-----------------|---|---|---------------------------------------|
| SENIOR          | 13 up, with experience, or completed GRADE 6 Ballet               | Senior Ballet, Senior Jazz, Senior Tap, Senior Contemporary/Lyrical, Acro, Pilates/Flex mat class, Character, Strength & Conditioning             | *all classes in Sunbury               |
| SENIOR ADVANCED | 15 up with experience or completed 2 years Senior ballet/Int exam | Advanced 1 & 2 Ballet, Open Ballet, Sen Adv Jazz, Sen Adv Lyrical, Sen Adv Contemp., Sen Adv Tap, Pilates/Flex mat class, Strength & Conditioning | *All classes in Sunbury               |
| ADULT CLASSES   | 18+   | Adult Jazz & Tap<br>Adult Ballet  | Sunbury Mondays<br>Sunbury Wednesdays |