

The Pink & Blue Army

The
Knight's
Academy
of
Dance

Dance Better. Live Better





DANCE BETTER. LIVE BETTER

About Us

Welcome to The Knight's Academy of Dance, a school focused on achieving exceptional standards of dance. We believe in nurturing creativity and artistic development, and offer a warm and positive environment to foster the growth that all dancers want and need. Reach out today to learn more about the classes we offer and how to get involved.

Learning to dance is a life skill that is a privilege and a tool that can aid children in all walks of life as they grow into young adults. At

Knight's Academy, we ensure that the children know how lucky they are to have such wonderful opportunities and ensure that our teaching is of the high standard that our pupils deserve.



Our Vision

To be the best we possibly can by enabling children to reach their creative potential in their performance, their creation and thereby helping them shape their future to the person that they become. Teach students to gain confidence in themselves and live fun, fearless and magical lives — both on the dance floor as well as in their personal lives. Our vision reflects our belief that we provide a unique environment for our students surrounding them with a positive environment with good values, discipline and a large focus on empowering each individual to be the best they can possibly be! The Teachers at Knights strive to inspire the children to believe in themselves, and their passion for the dance form is as quoted.



Core Values.

- **Inclusion.**
- **Inspiration.**
- **Joy and Passion.**
- **Excellence in our training.**
- **Respect for the individual.**
- **Forward Thinking, Good Initiative.**
- **Hard Work, Commitment, Dedication.**
- **Confidence to explore the Creativity of Dance.**
- **Engagement with a range of different dance forms.**



Mission Statement.

The Mission of The Knight's Academy of Dance is to make sure that there is inclusion, respect and social awareness through the passion of dance. We are a school focused on achieving exceptional standards of dance. We believe in nurturing creativity and artistic development, also offering a warm and positive environment to foster the growth that all dancers want and need. We always strive to provide the most dedicated and experienced teachers who share a similar mentality to the school's Principal, nurturing each student's unique gift of talent and creativity. We encourage our students to achieve their fullest potential and support them as they grow artistically and holistically developing into well rounded individuals with a strong foundation in the Dance Form. We are determined to install the great love of dance by providing a solid technical foundation and our goal to give each individual the tools that they need to take dance as far as they would like to go.

Classes We Offer



ISTD Ballet **A Disciplined Beauty**

Classical Ballet is the most important style of dance, it teaches a high level of technique and discipline and also allows the dancer to be expressive and artistic.

Demi Pointe **Preparation For Pointe**

This is a preparation class for pointe work to focus on the correct technique and to build up strength. demi-pointe gives a dancer a more gradual transition to pointe work. Wearing the correct Demi-Pointe shoes allows the dancer to get used to the feel of a pointe shoe before learning to dance on pointe.



Street Dance **Pop It & Lock It**

Street Dance is a fun and energetic style of dance. It is an umbrella term which encompasses a range of dance styles characterised by descriptions such as hip hop, funk and breakdancing. Its diverse nature has taught us new styles such as popping, locking, waving and krumping.

Commercial **Werk It**

Commercial dance is the style of choreography you will see in concerts, live shows, music videos and TV adverts. It's a combination of different styles including Jazz, Street, Hip Hop, lyrical and of course a little Diva thrown in the mix.



Classes We Offer



Pointe Work A Delicate Strength

Every ballet dancer dreams of the day they can finally purchase their first pair of pointe shoes! This class is an invitation only class for when a student has reached a high level of ballet technique and strength. It is where the dancer will stand on the tip of their toes in specially designed shoes. They are all designed to support the full weight of the dancer. The effect is simply beautiful, the essence of grace and poise.

ISTD Tap On Your Feet

Tap Dance is a rhythmical style of dance which teaches musicality, technique and style.



Contemporary Express Yourself

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.

Jazz Get Up and Move

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.



Classes We Offer



Acrobatic Arts Flex It Out

Acrobatic Arts is a unique blend of dancing and gymnastic disciplines that is taking the dance world by storm. Loved by both teachers and students, Acrobatic Arts is a multi-discipline blend and is also known as Acro Dance. Acro Dance is a style of dance that combines classical dance technique with precision acrobatic elements. It teaches tricks, tumblers, fitness, strength and flexibility.



Body Conditioning Let's Sweat

Body Conditioning is to build strength and stamina. Cardio combined with strengthening and stretching aimed to make you sweat!

Musical Theatre Lets Do It

Musical theatre is a form of theatrical performance that combines songs, acting, and dance. It requires a huge amount of confidence and personality.



LAMDA Drama Explore New Possibilities

Drama is learning to explore different characters, emotions and feelings. It teaches the confidence to improvise as well as learning acting scenes, monologues and duologues.

Levels / Grades



Grades

Pre Primary - Aged 6 & Under

Primary - Aged 6+

Grade 1 - Aged 7+

Grade 2 - Aged 8+

Grade 3 - Aged 9+

Grade 4 - Aged 10+

Grade 5 - Aged 12+

Intermediate - Aged 13+

Levels

Minis - Aged 3-6 Years

Juniors - Aged 7-9 Years

Inters - Aged 10-12 Years

Seniors - Aged 13+ Years

“A DANCER IS NOT GREAT BECAUSE OF THEIR TECHNIQUE, THEY ARE GREAT BECAUSE OF THEIR PASSION”.



Uniform

All Personalised Knight's Uniform can be purchased from our online dance shop at:
<https://squaddancewear.com/the-knights-academy-of-dance/>

All graded uniform can be purchased from "Dancersbox" online dance shop at:
www.dancersbox.co.uk

The uniform is as follows:

Pre Primary/Primary Ballet – Sky Blue Leotard, Sky Blue Skirt, Pink Ballet Socks, Pink Canvas, Ballet Shoes, Purple Knight's Academy Bow and Hoody.

Grade 1 and 2 Ballet - Sky Blue Leotard, Sky Blue Skirt, Pink Ballet Socks, Pink Canvas Ballet Shoes, Purple Knight's Academy Bow, Knight's Academy Hoody.

Grade 3 & 4 Ballet – Burgundy Leotard, Burgundy Wrap Over Skirt, Pink Ballet Tights, Pink Canvas Ballet Shoes, Knight's Academy Bow and Hoody.

Grade 5 Ballet – Navy Leotard, Navy Wrap Over Skirt, Pink Ballet Tights, Pink Canvas Ballet Shoes, Knight's Academy Bow & Hoody.

Inter Ballet – Any Style Black Leotard, Pink Ballet Tights, Pink Canvas Ballet Shoes, Knight's Academy Bow & Hoody.

Ballet Boys – White Sleeveless Leotard, Plain Black Cotton Leggings, White Ballet Socks, White Canvas Ballet Shoes and Knight's Academy Hoody.

Pre Primary/Primary, Grade 1, Grade 2, Grade 3 & Grade 4 Tap – Ballet Leotard, Knight's Academy Leggings, Black Socks, Black Tap Shoes with Heel and Toe Taps (please replace black laces with black elastics), Knight's Academy Black Bow, and Knight's Academy Hoody.

Grade 5 & Inter Tap – Black Leotard, Knight's Academy Leggings, Black Socks, Black and White Tap Shoes, with Heel and Toe Taps, Knight's Academy Black Bow, and Knight's Academy Hoody.

Street - Knight's Academy Crop Top, Knights Academy Leggings (November – March), Knights Academy Shorts (April – October), Black Socks, Knight's Academy Black Bow, and Knight's Academy Hoody. Knee Pads, Bloch Dance Sneakers.

Contemporary - Knight's Academy Crop Top, Knights Academy Leggings (November – March), Knights Academy Shorts (April – October), Black Socks, Knight's Academy Black Bow and Hoody. Knee Pads, So Danca Canvas Half Soles

Acro – Knight's Academy Shorts and Acro Leotard (www.the-zone.co.uk)

Girls: Ultra Mesh Sleeve Gymnastics Leotard Code: Z394ULT in Titanium

**Boys: Ignite Boys'/Men's Gymnastics Leotard Code: Z527IGN in Black/White
Knights Academy leggings (Squad Dancewear)**

Jazz/Musical Theatre - Knight's Academy Crop Top, Knights Academy Leggings (November – March), Knights, Knights Academy Shorts (April – October), Black Socks, Knight's Academy Black Bow, Knight's Academy Hoody. Black Slip On Jazz Shoes.

Boys – Black Leotard or Knight's Academy Black Tight Fitted Top, Black Dance Trousers (www.the-zone.co.uk), Black Socks, Knight's Academy Hoody.

Hair – Must be in a classical bun for all Ballet and Acro classes. High pony tails or plaits for all other classes. Hair bows must be worn to all lessons



Venues

**Europa Centre, Vimy Way,
Crayford, DA14ND**

**Europa Crayside, Stadium Way,
Dartford, DA14HR**

**Miskin Theatre, Oakfield Lane,
Dartford, DA12JT**



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**HELP OTHERS ACHIEVE
THEIR DREAMS
AND YOU WILL ACHIEVE
YOURS**