

TRAIN SMARTER · DANCE STRONGER

Weekly advanced training for the *developing dancer.*

Elevé is a weekly, workshop-style training program designed to complement a dancer's existing studio training. Each session combines physical preparation, genre-specific technique, choreography and practical dance education, so students develop both their performance skills and their understanding of how to train safely and effectively.

THE FOUR FUNDAMENTALS

Strength & Conditioning

The physical qualities dancers need to perform at their best: strength, control, stability, mobility, coordination and endurance.

Technique

Genre-specific technical training that teaches the foundations and movement qualities behind each style.

Choreography

A genre-based combination each week, developing musicality, dynamics, performance quality, memory and adaptability.

Education

Why we train the way we do: safe training principles, body awareness, recovery, flexibility and sustainable habits.

HOW A MORNING SESSION WORKS

45 MINUTES	**STRENGTH + CONDITIONING**	Progressive exercises designed around the physical demands of dance.
45 MINUTES	**GENRE-BASED TECHNIQUE**	The technical foundations and movement qualities of that session's genre.
30 MINUTES	**CHOREOGRAPHY**	A challenging combination applying the technique, musicality and performance concepts from the session.

Education is woven through all three blocks, with practical coaching and discussion integrated into the physical, technical and choreography work.

WHO IT'S FOR

Motivated dancers, ready to own their training.

- Want to become stronger and more physically capable
- Enjoy learning challenging choreography
- Want exposure to different genres and teaching styles
- Want to improve musicality, performance and technique
- Want to understand their bodies and how to train them
- Are preparing for higher-level performance pathways
- Are ready to be corrected, and to work on the correction

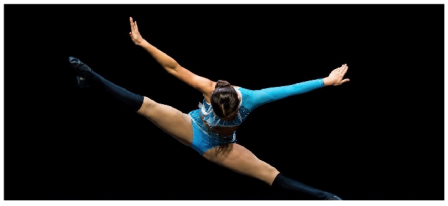
ENTRY REQUIREMENTS

Elevé is for competition-level dancers aged 12 and over. There are two ways in:

- An invitation received at an Elevé pop-up workshop, **or**
- Outstanding exam results in your syllabus, **together with** a letter of recommendation from your studio teacher

WHY PLACES ARE LIMITED

Class sizes are capped at 15 dancers. A dancer who is never seen is never corrected, so we keep numbers low enough that teaching stays hands-on and every dancer leaves each session with feedback of their own. It is the reason entry is by application rather than open enrolment.







> *"We don't just want dancers who can do more. We want dancers who understand more."*

PROGRAM DETAILS

WHEN	Term 4 begins Friday 9 October 2026 Friday mornings 7:00–9:00am, before school. Eight sessions per term (weeks 1–4 and 6–9)
WHERE	28 Rigby St, Nambour Sunshine Coast, Queensland
AGE	12 and over
LEVEL	Competition-level dancers Entry by pop-up workshop invitation, or outstanding exam results with a teacher recommendation. Documents are uploaded with the application
PLACES	Capped at 15 dancers Kept small to protect teaching quality and individual feedback
FEES	$360 per term Paid in two instalments of $180: the first at the start of block 1 (weeks 1–4), the second at the start of block 2 (weeks 6–9)
TEACHERS	Qualified dance professionals Profiles available on request

Ready to take your training to the next level?

Term 4 begins Friday 9 October 2026. Applications are reviewed personally, and we reply by email within a few days with payment details.

elevedance.com.au

Questions: hello@elevedance.com.au · Elevé Dance Training, Sunshine Coast, Queensland · ABN [TO BE ADDED]