



North Shore Academy of Dancing



North Shore Academy of Dancing will be incorporating the Progressive Ballet Technique into a select number of R.A.D. Ballet Classes for the 2017/2018 Dance Season. The program is designed to assist the teaching of the correct muscle groups that are relevant to enhance the training of muscle memory which in turn helps students achieve their personal best. The particular areas where improvement will focus on is overall strength in core muscles, weight placement, control and use of turnout and the safeguard of muscles needed to execute ballet. This training will transfer over into the many other styles of dance that our ballet students participate in.

The Progressive Ballet Technique is an innovative program developed by Marie Walton-Mahon of Australia. She is known for her creative teaching skills for over 40 years and has trained many professional dancer and teachers worldwide. She has a passion for teaching others and over the past 12 years, she has experimented, documented and developed a program that improves students understanding of core stability, weight placement and alignment. The program incorporates the use of Thera-bands and exercise balls (Large, medium and small). Each exercise in this program has been tailored for a specific age group with students responding with positive feedback, successful results and enjoyment.

Progressing Ballet Technique holds safe dance and the holistic training of classical ballet a priority at all times while teaching students and teachers. Miss Karrie Hill and Miss Alicia Steyns have received their Progressive Ballet Technique Certificate from Marie Walton-Mahon this Spring. Both are looking forward to incorporating key exercises into their classes to help train turnout, pirouettes and use of arms.

To view a sample class of an Advanced student exercise, please [click here](#).