



DANCE WORLD CUP



HAMILTON N

INTERNATIONAL TRAINING ACADEMY



TABLE OF CONTENTS

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Page(s)	Title	More Info
3 - 4	Introduction	Hamilton International Training Academy, where our masters and state-of-the-art facilities nurture your passion and skill. Embark on a journey of artistic growth and technical self-expression with us today.
5	The Artistry of Ballet	The fundamentals behind every technical dancer. Discover the artistic essence of ballet with Free Work, PBT and Pointe classes.
6 - 7	RAD Ballet Exams	A structured balletic pathway for dancers to refine their skills, gain valuable feedback, and achieve internationally recognised qualifications. Grades available from Primary - Advanced 2.
8	Rhythm Tap Dance	Explore taps origins, footwork techniques, musicality, styles and the joy of rhythmic expression with our masters in our Free Work classes, designed to take your training to the next level.
9 - 10	ISTD Tap Exams	Explore tap with a structured programme, looking at technical intricacies, musicality, choreography, and whilst gaining Internationally recognised examinations as you train.
11 - 12	Tap Company	Audition/Invite Only! Intensive tap training and 1-1 mentoring from our Masters with performing opportunities, invitations to tap festivals across the globe, formations and performance showcases.
13	Modern Dance	Explore the technical foundations of Jazz, Contemporary and Lyrical with expressive movement, flexibility and technique classes. Our Free Work classes provide all the disciplines of the Modern with creativity and level ability classes.
14 - 15	ISTD Modern Exams	Find your structured syllabus, providing technical finesse, expressive elements and artistic growth gaining Internationally recognised qualifications as you progress.
16	In-Training Company	Audition/Invite Only! A company which features intensive training, collaborative dynamics, performances and leads the pathway to success as our main competition team!
17 - 18	Acrobatics	Tumble and Trick your way into the fundamentals or Acro with skill, and flexibility with our level ability classes. Experience the fusion of strength, knowledge and grace that define this dynamic art form.
19 - 20	Musical Theatre and Lamda	For the triple theatre performers, discover vocal mastery, acting techniques, dance integration and confidence in our Musical Theatre Course. Private training and Lamda exams also available.
21	Fitness Classes & 1-to-1 PT	Strength and conditioning classes expertly designed to enhance fitness, confidence, muscular strength, and stamina, specifically tailored to benefit dancers.
22 - 23	Packages	Its time to chose your path at Hamilton International Training Academy. Take a look through our packages and individual class list & enrol today!
24	Class Schedule	Our current weekly class schedule.

INTRODUCTION

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Spring/Summer Term Dates: 12 Weeks of Training

15th April - 25th May (6 Weeks)

Half Term 27th May - 2nd June

3rd June - 13th July (6 weeks)

Show Week Rehearsals 15th - 19th July (Show 20/21st July)

Bank Holidays (closed) - May 6th

At Hamilton International Training Academy, we invite you to join us on a transformative journey through the world of dance and performing arts! We offer a range of dance and performing arts classes led by seasoned masters. Our weekly class schedule is tailored to provide you with professional development, complementing your vocational grades and enriching your artistic passion.

Discover Our Identity:

Situated in the heart of Ware, Hertfordshire, we welcome you to our purpose-built studios, designed to nurture creativity and excellence. Our workshop-style classes are guided by industry pioneers, all of whom are active West End performers. This ensures that every lesson you attend maintains the highest standards of professionalism and expertise. We also offer vocational grade examinations in RAD and ISTD, providing structure, discipline, and qualifications.

Amongst our training we are also in collaboration with Worldwide Competitions, and we have also curated an audition-based International Competing Team, which includes UK based competitions and jetting across the globe to destinations jetting across the globe to prestigious international championships. This unique platform opens doors to future professional gigs and work opportunities for all our accomplished performers.

Setting Us Apart:

Hamilton International Training Academy sets itself apart as a training academy, not merely a dance school. While many of our students either choose full-time or part-time training, we extend an open invitation to all for our walk-in classes. Whether you are already training with another dance school or pursuing personal goals, rest assured that we are dedicated to advancing your training, just like other esteemed training institutions. Our doors are wide open to everyone seeking growth and excellence.

HAMILTON



INTERNATIONAL TRAINING ACADEMY

Navigating Your Path:

The question of which classes to undertake is a vital one, and we are here to guide you. Upon enrolling with us, it becomes essential to comprehend the content and benefits of each class. Our masters, who are luminaries in their respective industries, have united their expertise to present you with an exceptional, consistent, and professionally oriented curriculum.

Hamilton International Training Academy operates on a tiered system rather than grouping by age. We have an established criteria for entry into level-specific classes. We advise you to closely review the criteria, ensuring that you select the level that aligns best with your skill set. This guarantees that you receive training that optimally suits your abilities.

We are committed to providing a nurturing environment that supports every dancer's journey. Our team offers practical assessments, personalised advice, and guidance to help you choose the appropriate level that aligns with your skills and aspirations. Additionally, we reserve the right to ensure your safety and progress, allowing us to make level adjustments if needed.

Exploring Our Offerings:

Let's take a look into the classes we offer and select the perfect level for your journey. Join us at Hamilton International Training Academy, where dance is not just an art – it's a way of life. Elevate your aspirations, refine your skills, and ignite your passion for the performing arts. Your remarkable journey starts here.



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Welcome to the Hamilton International Training Academy, where we offer an array of Ballet classes to fulfil your potential. Ballet provides a perfect blend of artistic expression and structured training, the holy grail behind any dancer's strong technique.

Our Classes:

Ballet Free work/PBT:

Refining Ballet techniques while enhancing physicality through Progressive Ballet Technique (PBT) and Choreography. This class allows us to strengthen your technical knowledge and classical vocabulary whilst progressing on your technique, utilising your ballet skills with passion.

Pointe Mastery:

Pointe Mastery is an advanced form of Ballet training that focuses on dancing on the tips of your toes. This requires a high level of strength and classical training. Here you will experience foot strengthening, barre work, centre work, pointe variations, adagio and allegro. *This class is only suitable for experienced classical dancers. Please contact us for further advice regarding our Pointe Mastery Classes.*

Unlocking Your Perfect Level:

Jnr/Inter Free-work - Ignite Your Passion

Ideal for aspiring enthusiasts, this level welcomes those with limited classical technique experience. With skills like a clean single pirouette and foundational grasp of classical terminology, your growth canvas awaits.

Inter/Adv Free-work - Ignite Your Potential

If you command a double pirouette with confidence, possess a deep understanding of classical terminology, and exude grace in a 90-degree arabesque, this level is your platform. For aspiring classical dancers, the ability to execute Pointe Barre work further signifies your readiness.

Hamilton International Training Academy offers ballet classes that provide artistic and technical development for all levels! Private training options complement this journey towards Ballet excellence.

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

At Hamilton International Training Academy, we offer the prestigious Royal Academy of Dance (RAD) Ballet Examinations that nurture technical excellence, artistic expression, and a deep appreciation for classical ballet. These exams provide a structured pathway for dancers to refine their skills, gain valuable feedback, and achieve internationally recognised qualifications.

What RAD Ballet Exams Entail:

Technical Proficiency:

Candidates demonstrate precise execution of fundamental ballet techniques, including barre work, adage, allegro, and pirouettes.

Artistic Interpretation:

Dancers convey emotion and storytelling through their movements, expressing their unique artistic flair.

Musicality and Expression:

Understanding musical rhythms and interpreting them with grace and poise are essential aspects of the exams.

Performance Quality:

The ability to captivate an audience with stage presence, poise, and confidence is a vital element.

Why Choose RAD Ballet Exams:

Structured Progression:

RAD offers a well-defined progression, building skills step by step.

Worldwide Recognition:

RAD qualifications are internationally respected and acknowledged.

Artistic Growth:

Exams emphasise both technical precision and artistic expression.

Career Opportunities:

For those aspiring to professional dance careers, RAD exams provide a solid foundation.

HAMILTON



N

INTERNATIONAL TRAINING ACADEMY

RAD Ballet Grades Available:

Graded Examinations:

- Designed for young dancers to build fundamental skills and a love for ballet.
- From Primary to Grade 8, the most important part of the syllabus, carrying the foundations of Ballet. This includes -
- Free Movement - influenced and by incorporating movements in common with other dance styles such as Contemporary and Classical Greek.
- Character – the theatrical presentation of national dance using original ethnic dance and music which has been freely adapted for the theatre. Styles selected because of their historic importance in the development of the nineteenth century full-length classical ballets.
- Age requirements for the Graded Examinations are as follows -
Pre-Primary (5yrs+), Primary (6yrs+), Grades 1-5 (7yrs+), Grades 6-8 (11yrs+).

Vocational Qualifications:

- Prepares students for more advanced work, focusing on technique.
- Intermediate - introduces more complex movements, pointe work, and variations.
- Age requirements for the Vocational Qualifications are as follows-
Intermediate Foundation (11yrs+), Intermediate (12yrs+)

Advanced Foundation:

- Refines technique and introduces variations and pointe work.
- Advanced 1: Develops artistry, technique, and performance with demanding variations. Age requirement is 14yrs+.
- Advanced 2: Demonstrates mastery of advanced techniques and variations. Age requirement is 15yrs+.

Nurture Your Ballet Potential - Enrol Today



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Experience the World of Tap at Hamilton International Training Academy!

Dive into the rhythm of tap with our diverse class options:

We present two weekly tap classes led by different skilled instructors, ensuring comprehensive coverage of tap techniques styles and history. Discover what our masters bring to the floor, helping you anticipate your learning journey and select your ideal level.

Class with Avalon Rathgeb:

Immerse yourself in the history of tap, unlock the art of improvisation, refine your technique through drills, and master the intricacies of slides.

Class with Sara Hamilton:

Elevate your skills with precise drills, enhance musicality and stage presence, and delve into the world of performance through captivating choreography.

Choosing Your Level

Junior Level - Embrace the Basics:

Perfect for beginners with limited or no previous tap experience. This level focuses on foundational tap steps, delivering clarity and musicality. From clean percussive sounds to basic steps and even a double time step, you'll build a strong foundation.

Beginner Level - Unveil Rhythmic Proficiency:

Designed for rhythm novices. Prerequisite: clear shuffles, pick-ups, and mastery of a single and double-time step.

Intermediate Level - Elevate Your Skills:

Demonstrate clear single-foot wings, pull backs, and single-foot pick-ups. Embrace rhythm terminology and develop improvisational flair.

Advanced Level - Master the Art:

Showcase strong rhythmic prowess and improvisational finesse. From clean double pullbacks to pendulum wings, this level demands expertise in counting music and intricate beats.

Discover the world of tap at Hamilton International Training Academy. Your rhythmical journey starts here.

HAMILTON



N

INTERNATIONAL TRAINING ACADEMY

Whether you're starting fresh or striving for mastery, our Graded Programs cater to every aspiration. At Hamilton International Training Academy, we believe your dance journey is uniquely yours. Allow us to guide you towards excellence, creativity, and the sheer joy of dance.

ISTD Tap Dance Grades: Tap into Excellence:

Immerse yourself in the world of tap dance mastery with our ISTD Tap Dance Grades. These structured levels, validated by the Imperial Society of Teachers of Dancing, will elevate your tap progress. From Primary to Advanced 2, experience the rhythmic magic of tap like never before.

Discover a tap legacy of excellence encompassing:

Technical Exercises

Candidates demonstrate specific tap steps and combinations to assess control, coordination, and precision.

Set Routines:

Dancers perform prescribed routines showcasing accuracy, rhythm, and musicality.

Musicality and Rhythm:

Understanding musical rhythms and maintaining tempo are crucial aspects.

Free Work/Improvisation:

Some exams include improvisation to showcase creativity and rhythmic ability.

Performance Quality:

Dancers are evaluated on stage presence, posture, and engaging with the audience.

Artistic Interpretation:

Higher levels involve infusing personal style and emotion into the performance.

HAMILTON



N

INTERNATIONAL TRAINING ACADEMY

Grades we offer:

- Primary - Age 5yrs+
- Grade 1 - Age 6yrs+
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6
- Intermediate
- Advanced 1
- Advanced 2

Why Choose Our Graded Programmes?:

Structured Progression:

Our carefully curated curriculum ensures a seamless journey of skill development and growth.

Expert Guidance:

Learn from certified instructors dedicated to your progress and success.

Artistic Flourish:

Each grade harmonises precision and artistic expression for a well-rounded dance experience.

Showcase Opportunities:

Shine on stage through recitals, competitions, and community events, celebrating your achievements.

Are you ready to make your mark in the world of dance? Whether you're starting fresh or striving for mastery, our Graded Programmes cater to every aspiration. At Hamilton International Training Academy, we believe your dance journey is uniquely yours. Allow us to guide you towards excellence, creativity, and the sheer joy of dance.

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Our Exclusive Tap Company! Your Gateway to Professional Tap Artistry

At Hamilton International Training Academy, we proudly present the region's only Tap Company, offering students a transformative experience to flourish as part of a professional dance company. Witness unparalleled progress as our students soar under the extraordinary Avalon Rathgeb, acclaimed as the UK Tap Master.

Unleash Your Potential:

Exceptional Learning Pace:

Experience the remarkable speed at which our students advance. The Tap Company creates an environment where progress is not just anticipated but inevitable.

Guided by the Best:

Learn under the awe-inspiring guidance of Avalon Rathgeb. Her expertise unlocks new dimensions of tap excellence, pushing boundaries and cultivating artistic brilliance.

Weekly Intensive Sessions:

Commit to a weekly training session throughout the term. Refine your knowledge, elevate your technical prowess, and hone your improvisational skills.

Masterclass Experience:

Engage in an exclusive opportunity to work closely with one of the UK's premier tap masters. Under her mentorship, you'll witness your skills reaching new heights.

Embrace the Global Stage

Tap Jams:

Secure invites to tap jams in London and further afield, connecting with fellow enthusiasts and immersing yourself in the thriving tap community.

Performance Opportunities:

Take centre stage with unparalleled performance opportunities. Showcase your mastery at prestigious events, captivating audiences with your rhythmic finesse.

Tap Festivals Worldwide:

Embark on a global adventure as you grace tap festivals across the globe. From the electric energy of Taptastic in Germany to the vibrant ambiance of Luthier in Barcelona, the world is your stage.

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

By Invitation or Audition Only:

Entry to this coveted class is exclusively by invitation or audition. This ensures a collective of passionate and dedicated individuals who are poised to make their mark in the world of tap.

Your Journey to Tap Excellence Begins Here:

Elevate your tap artistry beyond limits, guided by the finest and surrounded by a community that shares your passion. Join Hamilton International Training Academy's prestigious Tap Company and pave your way to a luminous tap future.

Secure Your Place - Audition Today!



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Explore Modern Excellence at Hamilton International Training Academy!

Discover a range of modern classes tailored to every aspect of modern work, each offered on different days of the week. Preview the expertise our master's bring, guiding your expectations and aiding level selection.

Jazz - Embrace the Fundamentals:

Immerse yourself in jazz's fundamentals and history. Elevate your technique through targeted drills, embrace improvisation's freedom, and unlock your choreographic potential.

Contemporary & Lyrical - Harness Expressive Power:

Experience the beauty of improvisation, refine technique with drills, master contractions and isolations, infuse musicality into your movements, and immerse yourself in captivating choreography.

Stretch & Body Conditioning - Sculpt Your Form:

Using blocks and bands, enhance flexibility, build stamina, engage in cardio training, fortify your core, and amplify your strength.

Kicks, Leaps, Turns & Tricks - Elevate Your Performance:

Perfect your technique through drills, achieve impeccable lines and posture, execute precision kicks, master all types of leaps including turning and floor leaps, dazzle with stage tricks, illusions, turns, and pirouettes. Flexibility and strength will be your allies.

Choose Your Path:

Junior Level - Embrace the Foundation:

Tailored for modern novices, this level introduces basic jazz and contemporary steps, refining lines, flexibility, kicks, single turns, basic leaps, and strength.

Intermediate Level - Elevate Your Skills:

Demonstrate high front and side kicks with impeccable posture, either right or left splits, clean single pirouettes, and forward leaps. A reasonable understanding of modern work is expected.

Advanced Level - Master the Artistry:

Display high kicks on all sides including splits, execute clean box jumps, confidently deliver double pirouettes into holds, and possess a profound grasp of Jazz and Contemporary.

Hamilton International Training Academy welcomes you to embrace modern dance in all its facets. Elevate your skills and artistic expression with us.

HAMILTON



INTERNATIONAL TRAINING ACADEMY

Elevate Your Progress with ISTD Modern Dance Grades:

Structured ISTD Modern dance grades, endorsed by the respected Imperial Society of Teachers of Dancing, these levels are your gateway to elevating your modern dance skills. From Primary to Advanced 2, you'll embark on a transformative journey that unveils the artistry of modern dance like never before.

Discover a legacy of excellence that encompasses:

Technical Brilliance:

Unleash specific modern dance techniques and combinations to showcase control, coordination, and precision.

Choreographic Mastery:

Bring prescribed routines to life with impeccable accuracy, fluidity, and your unique artistic interpretation.

Musicality and Expression:

Feel the rhythm, express emotion, and infuse your dance with a profound connection to the music.

Creative Exploration:

Experience the liberating joy of improvisation on certain levels, showcasing your spontaneity and artistic flair.

Performance Excellence:

Illuminate the stage with your presence, confidence, and a magnetic connection with your audience.

Grades we offer:

- Primary - Age 5yrs+
- Grade 1 - Age 6yrs+
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6
- Intermediate
- Advanced 1
- Advanced 2

HAMILTON



N

INTERNATIONAL TRAINING ACADEMY

Why choose our graded programmes?:

Guided Progression:

Our meticulously designed curriculum nurtures your growth and skill development with a clear trajectory.

Expert Mentorship:

Learn from experienced instructors devoted to your progress and success.

Fusion of Precision and Artistry:

Each grade seamlessly blends technical precision with boundless artistic expression.

At Hamilton International Training Academy, we're committed to guiding you towards mastery, igniting your creativity, and fostering a deep love for the art of dance.



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Discover the extraordinary realm of modern dance with In-Training Company. As the premier platform for aspiring modern dancers, we invite you to embark on a transformative journey that blends innovation, creativity, and skill development.

Why choose our In-Training Company?

Unleash Your Potential:

Step into a dynamic space where your artistic potential knows no bounds.

Expert Guidance:

Be guided by seasoned modern dance professionals who excel in shaping future dance stars.

Immersive Training:

Immerse yourself in weekly sessions tailored to hone your technique, creativity, and performance abilities.

Artistry Nurtured:

Cultivate your unique artistic voice and explore the depths of modern movement expression.

Stage Presence:

Showcase your talent through captivating performances at local venues and beyond.

Exclusive Membership Requirements

Commitment to Excellence:

Members are required to participate in at least two modern dance classes and two ballet classes per week.

Monthly Company Sessions:

Attend monthly company sessions, thoughtfully scheduled in advance of the term, to refine choreography, connect with fellow dancers, and receive guidance from industry experts.

Membership by Invitation or Audition Only

Membership in the In-Training Company is reserved for the passionate and dedicated. Whether by invitation or audition, our community is united by a shared commitment to modern dance excellence.

Unveil Your Modern Dance Potential! Secure Your Place - Audition Today!

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Unleash Spectacular Tricks in Our Acrobatic Classes!

Discover the thrill of acrobatics at Hamilton International Training Academy! Our acrobatic classes seamlessly blend the grace of dance with the awe-inspiring strength of gymnastics.

Acrobatics Redefined:

Masterful Warm-Up:

Prepare your body for greatness with tailored warm-ups that enhance flexibility and mobility.

Flexibility Brilliance:

Witness your flexibility soar as you conquer bends, twists, and stretches that defy limits. Strength Unleashed: Develop enviable strength through engaging bodyweight exercises, targeting core power and overall fitness.

Gravity-Defying Balance:

Stand on your hands, execute graceful headstands, and perfect one-legged poses that showcases your incredible equilibrium.

Tumbling Triumphs:

Embrace the thrill of tumbling – cartwheels, flips, handsprings – and watch your abilities evolve to advanced levels.

Partner Magic:

Experience the camaraderie of partner work, crafting mesmerising formations and sharing the joy of accomplishment.

Contortion Excellence:

Explore contortion moves that redefine your body's capabilities, adding an extra layer of intrigue to your repertoire.

Seamless Sequences:

Transform individual skills into captivating routines, combining fluid transitions and dynamic movements.

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Join the Acrobatic Revolution - Choose Your Level:

Beginner's Delight:

Start your journey with foundational skills and experience the thrill of achieving your first acrobatic tricks. Requirements include basic coordination, flexibility, and a keenness to learn from our expert instructors.

Intermediate Level Acrobatics - Elevate Your Skills:

Progress to the Intermediate Level with foundational acrobatic skills, improved flexibility, balanced control, and a grasp of tumbling fundamentals.

Advanced Level Acrobatics - Master Your Craft:

For the skilled and dedicated, our Advanced Level demands mastery. You should showcase exceptional flexibility, strength, precise execution, and an artistic flair. Requirements include clean forward and backwards walkovers, strong handstands and no hand cartwheel (aerial).

Our acrobatic classes are more than just physical training – they are journeys of self-discovery, empowerment, and artistic expression. Led by certified instructors with state of the art equipment and safety measures, our classes instil discipline, teamwork, and a profound sense of accomplishment.



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Unleash Your Musical Theatre Journey with Our Ensemble Vocals Course!

Join our captivating Ensemble Vocals/Musical Theatre Course, led by the esteemed Lynsey Gordon. Whether you're a budding talent or a seasoned performer, dive into the world of musical theatre and let your star shine brighter than ever.

Junior Level - A Magical Beginning: *For Ages 8-12*

Step into the spotlight and discover the magic of musical theatre. This specially designed Junior Level course introduces you to the fundamentals of auditioning, harmonies, music theory, and acting through song. Build your foundation for a future on the stage.

Intermediate/Senior Level - Craft Your Artistry: *For Ages 13-18*

Elevate your skills and presence on the stage. In this Intermediate/Senior Level course, refine audition techniques, perfect harmonies, deepen your music theory understanding, and master the art of conveying emotions through song. Let your performances resonate with power and authenticity.

Course Highlights - Elevate Your Artistry:

Audition Excellence:

Master audition techniques that set you apart, making casting directors take notice.

Harmonies Made Perfect:

Dive into the harmonious world of vocal blending, enhancing your ensemble performances.

Music Theory Magic:

Understand the backbone of music to refine your vocal interpretations.

Acting Through Song:

Develop the ability to convey emotions powerfully through your singing and acting.

Crafted for Your Success:

Duration:

Engage in 45-minute sessions.

Frequency:

Alternate weeks, with assignments for the off weeks to ensure continuous progress.

Investment:

Experience all of this at just £8 per class, £56 per term (7 weeks).

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

LAMDA Private Lessons Available:

Elevate your acting skills with personalised one-to-one LAMDA coaching at £40 per hour.

Vocal Coaching Privates Available:

Fine-tune your vocal prowess with private coaching sessions at £40 per hour or £20 per half hour. Elevate your talents with private lessons under Lynsey's guidance, exclusively available on Mondays.

Please note that our Musical Theatre classes and Private Lessons are curated as comprehensive packages, ensuring a progressive learning journey that maximises your potential.

Reserve Your Spot Now - Let Your Star Shine Bright!



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Introducing Jamie Hayward, a personal trainer, online functional health coach and former physique coach, now joining the team at Hamilton. Jamie's here to empower you on your journey towards a healthier and happier life.

It's not just about appearances; it's about enhancing your overall well-being. Jamie adopts a holistic approach, focusing on transforming your lifestyle habits, enhancing gut health, improving sleep quality, managing stress levels, optimising exercise recovery, monitoring health status, and elevating your quality of life.

At the Dance Academy, Jamie brings two distinct services to you:

Boxing and Strength and Conditioning Classes:

(13-17 years old & adult classes)

Jamie draws upon his wealth of experience in the health and fitness industry to deliver dynamic classes that not only challenge your fitness levels but also incorporate boxing-based movement and fitness routines. These sessions are crafted to enhance your muscular strength, boost overall endurance, and ensure a well-rounded approach to your fitness journey.

Tailored with dancers in mind, his classes go beyond just improving physical fitness. They are carefully designed to prevent injuries, address muscle imbalances, and, most importantly, elevate both your confidence and fitness levels.

For hygiene reasons, we kindly request that you bring your own boxing gloves to these sessions. Your health and safety are our top priorities.

1-to-1 Personal Training Packages:

(contact Hamilton directly to enquire)

Beyond traditional training sessions, Jamie offers comprehensive guidance and unwavering support. He believes in being there for you in every aspect of your life journey. From tailoring your lifestyle to optimising nutrition choices, crafting a bespoke training regimen, monitoring health and blood markers, and nurturing digestive health, Jamie's commitment is to see you look, feel, and function at your absolute best.

Jamie Hayward is your dedicated partner in achieving your fitness and well-being goals, right here at Hamilton.



HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Experience dance excellence with our carefully crafted packages designed to cater to both full-time and part-time students. Enjoy a diverse mix of genres while benefiting from discounted rates. Plus, you have the flexibility to customise your package with our exclusive Class Builder feature.

Elevate Your Dance with Our Exclusive Packages:

Basic LVL 1 Package - £415 **SAVING £20:**

Individually priced at £435. Term fees can be paid in 3 monthly instalments of only £139

Includes:

- 1 x Ballet Free-work
- 1 x Modern Choreography Class
- 1 x Flexibility Class
- 1 x Tap Class
- 1 x Kicks/Leaps/Turns Tech

LVL 2 Package - £583 **SAVING £33:**

Individually priced at £616. Term fees can be paid in 3 monthly instalments of only £195

Includes:

- 1 x Ballet Free-work
- 1 x Ballet RAD Grade
- 1 x Modern Choreography Class
- 1 x Flexibility Class
- 1 x Tap Class
- 1 x Kicks/Leaps/Turns Tech
- 1 x Commercial

LVL 3 Package - £923 **SAVING £76:**

Individually priced at £999. Term fees can be paid in 3 monthly instalments of only £308

Includes:

- 1 x Ballet Free-work
- 1 x Ballet RAD Grade
- 1 x Ballet Pointe
- 1 x Modern Choreography Class
- 1 x Flexibility Class
- 2 x Tap Class
- 1 x Kicks/Leaps/Turns Tech
- 1 x Commercial
- 1 x Acrobatics
- 1 x Body Conditioning

Unveil Limitless Potential - Our Unlimited Class Pass: (most popular)

Access All Areas - Just £1100 **SAVING OVER £200**

Choose the flexibility of 3 instalments at just £366 per month for unlimited training!

Includes:

Experience the ultimate dance immersion with our Unlimited Class Pass. Enjoy access to all classes, spanning 11 weeks, including Acro, Performing Arts Courses and Grades
(Excludes Private Lessons & Company Sessions)

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Individual Class Price List:

Ballet – Emily Allen & Jordan Southern:

- 1 x Free-work Class - £8
- Graded RAD Ballet Exam Class - £8
- 1 x Pointe Class - £8

Modern – Sara Hamilton/Reese Woodier:

- Modern Choreography (*Jazz, Lyrical & Contemporary*) Jnr/Inter/Adv class = £8
- Leaps, Kicks, Turns & Tricks Inter/Adv = £7
- 30-minute Flexibility Class = £5
- 30-minute Body Conditioning = £5

Tap – Avalon Rathgeb/Sara Hamilton:

- Tap Jnr/Inter/Adv/Company Class = £8

Acrobatics – Jess O'Leary:

- Acro Class Beginner/Inter/Adv= £10

Commercial - Sara Hamilton:

- Commercial Classes = £7

Adult Classes:

- All Genres = £7

Ensemble Vocals/Musical Theatre Course - Lynsey Gordon:

- Audition Rep, Harmonies, Music Theory, Acting Through Song Class
- 45 Minute Class – Every other week with work set for week off
- £48 per full term (6 weeks)

ISTD Grades & JNR & Mini - Lorna Gibson & Emily ISTD Grades:

- Jnr Ballet = £5
- Jnr Kicks/Leaps & Turns Tech = £5
- Jnr Modern = £5
- Jnr Tap = £5
- Jnr Commercial = £5
- MINI Tap = £4
- MINI Ballet = £4
- MINI Modern = £4
- MINI Musical Theatre = £4

Fitness Classes - Jamie Hayward:

- 13-17 years old = £7
- 18+ adult = £7

Private Lesson Price List:

- Solo private lessons are charged at £40 per hour.
- Duet private lessons are charged at £30 per hour per person.
- Trio private lessons are charged at £20 per hour per person.

CLASS SCHEDULE

HAMILTON N

INTERNATIONAL TRAINING ACADEMY

Mondays	Studio	Classes Available
Jess O'Leary Acrobatics	Studio 1	5:15 – 5:45pm – Private Available 5:45-6:15pm – Flexibility & Strength Open All Levels 6:30-7:30pm Beginner JNR Acro 7:30-8:30pm – Intermediate Acro 8:30-9:30pm - Advanced Acro
Avalon Rathgeb Tap Dance	Studio 2	5:45-6:30pm - Beginner/Jnr Tap 6:30-7:15pm - Tap Company 7:15-8pm – Intermediate Tap/ Adult Tap 8:15-9pm – Inter/Advanced 9-9:45pm – Advanced Tap
Lynsey Gordon* Every Other Week Vocals	Studio 3	5-5:45pm – JNR Musical Theatre 5:45-6:15pm – Private Available 6:30 – 7:15pm – INTER/SNR Musical Theatre 7:15-7:45pm - Private Available 7:45 -8:15pm - Private Available 8:15-8:45pm - Private Available 8:45-9:15pm - Private Available

Tuesdays	Studio	Classes Available
Reece Woodier & Sara Hamilton Tech Tues	Studio 1	5-5:45pm – Jnr Modern Choreography 5:45-6:15pm – Open Body Conditioning Open All Levels 6:15-6:45pm – Open Flexibility Open All Levels 6:45-7:30pm – Kicks/Leaps/Turns Tech Jnr/Inter/Adv 7:45-8:30pm – Intermediate Modern Choreography 8:30-9:15pm – Advanced Modern Choreography
Sara Hamilton *Every other week*	Studio 2	5:30-5:45pm – Comp Privates 5:45-6pm – Comp Privates 6-6:15pm – Comp Privates 6:15-6:30pm – Comp Privates 6:30-6:45pm – Comp Privates 6:45-7pm – Comp Privates 7-7:15pm – Comp Privates 7:15-7:30pm – Comp Privates 7:30-7:45pm – Comp Privates 7:45-8pm – Comp Privates 8-8:15pm – Comp Privates 8:15-8:30pm – Comp Privates

Wednesdays	Studio	Classes Available
Dawn Baker ISTD Modern & Tap	Studio 1	Grades available upon request

Thursdays	Studio	Classes Available
Sara Hamilton Free-work	Studio 1	5-5:45pm – 3 x 15 min Private Available 5:45-6:30pm – PLS available 6:30-7:15pm – Beginner/Inter Commercial 7:15-8pm – Private Available 8-8:45pm – Inter/Adv Tap Class 8:45-9:30pm - Inter/Adv Commercial Class
Emily Allen & Jordan Southern RAD Ballet	Studio 2	5-5:45pm – Grade 2 RAD Ballet 5:45-6:30pm – Jnr Ballet Free-work/PBT 6:30-7:15pm – Inter/Adv Free-work Ballet /PBT 7:15-8pm - Intermediate Foundation RAD 8-8:45pm - Advanced Foundation RAD 8:45-9:30pm - Beginner Pointe Class
Jamie Hayward Health & Fitness Classes & PT	Studio 3	5:45-6:30pm - Strength Training/Boxing/Kickboxing 13-18yrs 7:30-8pm - Strength Training/Boxing/Kickboxing Adults

Fridays	Studio	Classes Available
Sara Hamilton Choreography & Privates	Studio 1	5:30-5:45pm – Comp Privates 5:45-6pm – Comp Privates 6-6:15pm – Comp Privates 6:15-6:30pm – Comp Privates 6:30-6:45pm – Comp Privates 6:45-7pm – Comp Privates 7-7:15pm – Comp Privates 7:15-7:30pm – Comp Privates 7:30-7:45pm – Comp Privates 7:45-8pm – Comp Privates 8-8:15pm – Comp Privates 8:15-8:30pm – Comp Privates

Saturdays	Studio	Classes Available
Emily Allen Free-work Minis & Jnrs	Studio 1	10-10:30am – Mini Ballet 10:30-11am – Mini Modern 11:15-11:45am – Mini Tap 11:45-12:15pm - Mini Musical Theatre 12:30-1pm – Jnr Ballet 1-1:30pm – Jnr Modern 1:30-2pm – Jnr Kicks/Leaps & Turns Tech 2-2:30pm – Jnr Commercial 2:30-3pm – Jnr Tap