

Royal Academy of Dance to provide fun and fitness to your lockdown routine with free online dance classes for a range of ages



Image credit: Foteini Christofilopoulou

- Royal Academy of Dance (RAD) brings 100 years of dancing expertise to the living room with free dance classes in a range of styles.
- **The initiative, RAD @ home, is championed by RAD's President Dame Darcey Bussell DBE.**
- **Aimed at secondary school students, 'Step it Up' is a programme of high energy online classes, with a focus on fun and enjoyment airing every Tuesday and Thursday at 12.30pm, starting 26 January.**
- 'Step it Up' classes will be taught by expert practitioners from RAD's Step into Dance initiative, supported by the Jack Petchey Foundation. Ali Golding has been inspired by 'Strictly' for the content of her jazz/musical theatre class. Chris Bean will raise heart rates and get you dancing around your kitchen with his class which covers a variety of street styles.
- **For older learners, 'Silver Swans' tutorials will help improve mobility, posture, co-ordination and boost energy levels, online every Wednesday at 1pm, starting 27 January.**
- The FREE weekly series will air on RAD's social media channels, as well as on the RAD website. 'Step it Up' will also be made available on Step into Dance's social media channels.
- **For further information visit: www.royalacademyofdance.org/RADathome**



The Royal Academy of Dance is on a mission to keep everyone moving and motivated from home through a range of accessible and free online classes in a range of dance styles. The global dance education organisation today launches a host of online classes to keep young people active during lockdown, as well as the return of a weekly series of online 'Silver Swans' ballet exercise classes, designed to get the older generation moving to the music at home.

In a bid to beat the lockdown blues, the RAD has launched 'Step it Up', based on classes offered as part of the Step into Dance programme. Aimed at secondary school students, this initiative will bring a range of dance styles direct to your home, delivered by expert practitioners. Launching Tuesday 26 January at 12.30pm, the RAD and Step into Dance will release a free online class every Tuesday and Thursday for four weeks. Each class is 30 minutes in length, offering the perfect opportunity to inject some fun into your daily routine, as well as stay active indoors.

Ali Golding will delight Strictly fans every Tuesday as she takes viewers through an American Smooth inspired routine in her jazz/ musical theatre class. Teacher Chris Bean will deliver a high energy class drawing on a variety of street styles each Thursday, providing you with some new moves to share with your friends post-lockdown. Whether you're dynamite on the dance floor or you've never set foot in a dance studio before, these classes are the perfect break from your desk, or a great addition to the home schooling schedule.

Step into Dance is the largest inclusive dance programme in the UK, reaching over six thousand secondary school students annually across London and Essex, in a normal year. Thanks to the support of the Jack Petchey Foundation, the RAD and Step into Dance are able to share classes more widely online as part of their mission to empower young people and provide greater access to dance.

The RAD will also continue to support older learners during the pandemic with the return of online Silver Swans tutorials. From experienced dancers to those that don't know their plié from their pointe, older learners of any ability are invited to try out free Silver Swans ballet exercises. The classes have even been granted the royal seal of approval, with RAD Vice Patron HRH The Duchess of Cornwall announcing last year that she was a Silver Swan. The RAD will be showcasing classes from around the UK and beyond through manageable bitesize videos, delivered by a different Silver Swans Licensee each week, each with their own take on ballet exercises adapted for older learners. Viewers can also revisit the Silver Swans taster classes taught by RAD Teacher and Silver Swans expert Sarah Platt in the first national lockdown, which are still available [online](#). The RAD will release the renewed series on Wednesday 27 January, then every Wednesday at 1pm via its website and social media channels.

RAD President Dame Darcey Bussell DBE says: *"The Royal Academy of Dance is committed to promoting a love of dance in everyone, of any age and of any ability, wherever you are across the globe. As the world-renowned home for dance, what a perfect way at this time to bring our expertise and passion to you wherever you are. Dance is such a creative, artistic activity that helps us all express our emotions while boosting positivity, wellbeing and keeping us fit."*

RAD's Artistic Director Gerard Charles says: *"We saw the positive impact our online Silver Swans classes had on our community around the world in 2020, and we are so pleased to be able to*

continue to support older learners again as many of us continue to stay at home. However, we know that this pandemic has also been hugely challenging for children and young people, particularly with regards to physical and mental wellbeing. We know that the benefits of dance extend beyond the physical to promoting mental health and, by engaging the mind, expands creative thinking and has proven to be a beacon of hope and encouragement during these testing times. Therefore, we are delighted to be able to offer 'Step it Up' classes for free and for all, thanks to the support of the Jack Petchey Foundation. I hope that these classes provide a source of fun into your routine, and maybe even introduce you to a new dance style!"

The RAD will also keep the performance going by offering followers the chance to 'Ask a Dancer anything' with famous dancers through live Q&A's, regular motivational tips and exclusive behind the scenes content. RAD Teacher Jane Tucker has also created conditioning exercises for young dancers, to help them maintain their fitness from home, which will be available on the RAD website every Friday.

The RAD has a network of qualified teachers in 92 countries around the globe, many of whom are currently offering online classes in support of their local communities during COVID restrictions. To find your local teacher for online classes or in preparation to a return to face to face teaching visit www.royalacademyofdance.org/findateacher, or find your local Silver Swans class at www.royalacademyofdance.org/silverswans

-ENDS-

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Notes to editors

Exclusive RAD Spotify Playlists -

- [A fun playlist to dance around the house to](#)
- [Ballet music](#)

Instagram - [@royalacademyofdance](#) [@stepintodance](#)

Facebook - [@RoyalAcademyofDance](#) [@stepintodance](#)

Youtube - www.youtube.com/royalacademydance

Twitter- [@RADheadquarters](#) [@stepintodance](#)

#RADathome

About the Royal Academy of Dance

With approximately 13,000 members in 92 countries, the Royal Academy of Dance (RAD) is one of the largest and most influential dance education and training organisations in the world. Established in 1920 to improve standards and re-invigorate dance training, the Academy helps and encourages its teachers to perfect their teaching skills and pass on this knowledge to their students. There are currently over 1,000 students in full-time or part-time teacher training programmes with the Academy and each year the examination syllabus is taught to thousands of young people worldwide, with around a quarter of a million pupils per year going on to take RAD exams.

Step into Dance

Delivered by professional dancers, Step into Dance supports young dancers to progress, excel, and to realise their creative potential.

Step into Dance reaches over 6,000 secondary school students annually across London and Essex offering a broad dance programme. Schools and students benefit from opportunities to get involved in a wider programme of workshops and performances. Since 2007 Step into Dance has reached over 50,000 young people.

Step into Dance is a Royal Academy of Dance programme in partnership with the Jack Petchey Foundation.

Jack Petchey Foundation

Established in 1999, The Jack Petchey Foundation gives grants to programmes and projects that benefit young people aged 11-25, focusing on London and Essex. The Foundation exists to raise the aspirations of young people, to help them take advantage of opportunities and play a full part in society. Since it has been established, the Foundation has awarded grants totalling over £100 million.

www.jackpetcheyfoundation.org.uk