

Pro Dance

This two-week programme helps students to develop their dance technique and repertoire, as well as giving them invaluable experience of performing to a live audience.

DANCE INSTRUCTOR

Paul Liburd (MBE) is a former member of London Contemporary Dance Theatre, Rambert Dance Company and Scottish Ballet as a soloist and he has danced works by some of the world's most prominent contemporary-modern choreographers. He has numerous awards and was awarded the MBE (Member of the Order of the British Empire) in 2009 for services to Dance.

After retiring from performing, Paul now teaches at Rambert School of Ballet and Contemporary Dance and London Studio Centre.

PROGRAMME











This intensive Dance and English course includes 16 hours of dance and 10 hours of English tuition per week.

ENGLISH LEVELS

We offer levels from A1–A2 (Elementary) to C2 (Proficiency). We cannot accept Complete Beginners or Beginners on this course.

ENGLISH SKILLS

There are 10 hours of English Skills lessons per week which are designed to improve students' general language skills, extend their vocabulary and better their understanding of grammar, to improve accuracy when producing spoken and written English.

	LOCATION	Dicker
	AGES	12–17 years
	DATES	6–19 July 2025
	ENGLISH LESSONS	10 hours per week
	DANCE LESSONS	16 hours per week
	MINIMUM LEVEL	A1–A2 Dance Intermediate
	MAX CLASS SIZE	14
	BEDS PER ROOM	1–4 beds
	STAFF:STUDENT RATIO	1:5
	SPECIALITY	Intensive Dance

DANCE LEVEL

This course is open to students who are trained in Classical Ballet/Contemporary Dance from Intermediate to Advanced levels.

COURSE CONTENT

Conditioning/Pilates Students learn to develop and improve strength, flexibility, posture and coordination.

Classical Ballet Focuses on musicality, strength, alignment, extension, travelling, jumps.

Contemporary Exploration of various Contemporary Dance techniques.

Choreography Students learn the choreographic tools needed to create their own dance routines.

FINAL PERFORMANCE

On the last Friday, students will perform a demonstration and sharing of the work covered in both Classical Ballet and Contemporary training sessions in front of an audience. The performance will include new choreography, created in participation with the students during the course.

EXCURSIONS

Pro Dance students will join Dicker's English Plus students on Wednesdays half-day and weekends full-day excursions for the exciting, cultural and historic adventures to destinations and attractions around London and the South of England.

TYPICAL DAY

Pro Dance students receive at least 16 hours of dance training per week. The core programme includes classical ballet, contemporary and choreography. Alongside the core programme, students receive Pilates, conditioning, fitness sessions and improvisation sessions.

11.30 **CONDITIONING/PILATES**

13.30 **CLASSICAL BALLET**

15.30 **CONTEMPORARY TECHNIQUE**

16.15 **CREATIVE/CHOREOGRAPHY**



For further information on the Typical Day, Facilities and Excursions at Dicker please visit [page 40](#).

