

Our levels

We recommend that you choose a level that is a little bit too easy for you at the beginning, instead of a level that might be too difficult. The teacher is responsible for placing the students in another level if it is necessary. Speak to your teacher or contact our customer service if you have any questions, we will gladly help you.

Street, Contemporary and jazz

Beginner – first to fourth semester into the chosen dance style/technique

Intermediate – at least two years' experience in the chosen dance style/technique

Intermediate/Advanced – at least four years' experience in the chosen dance style/technique; classes with more difficult challenges

Advanced – several years' experience at a high technical level

Alla nivåer/Open level – open level to those with or without experience in the chosen dance style

Ballet 13-16 år

Beginner 1 – new beginner, first semester

Beginner 2 – second semester as a beginner

Beginner 3 – third to fourth semester into the chosen dance style/technique

Intermediate – at least two years' experience in the chosen dance style/technique

Ballet

Beginner 1 – new beginners, first semester

Beginner 2 – second semester

Beginner 3 – at least one year's experience

Intermediate 1 – at least three years' experience

Intermediate 2 - at least four years' experience

Intermediate 3 - several years' experience, good technical knowledge/technical skills

Advanced – several years' experience, for those who dance several times every week.

Age groups

13 år+: course from 13 years and adults.

16 år+: course from 16 years and adults.

25 år+: course from 25 years and up.

30 år + the course is for adults from 30 years and up.

40 år + the course is for adults from 40 years and up.

60 år + the course is for adults from 60 years and up.