



DANCE & ACADEMIC TRAINING PROGRAMME

2026/2027

The Dance & Academic training programme's ambition

This programme aims at providing high-level artistic training and academic education, giving students the tools to pursue their dance training from grammar school to high school into a university level, while being in a fully professional environment.

Our dance and academic studies are built upon both ballet and contemporary disciplines, combined with academic programmes and apprenticeship experiences in order to give our students a wide spectrum of insights into the profession.

Being exposed to a variety of performing art forms and disciplines through both projects and live stage experience, our students are offered numerous possibilities of personal developments and artistic fulfilment. Everything is implemented within the academic planning, in order to offer a range of opportunities to students, from the beginning to the end of the programme.

Our study programme includes some of the educational contents listed below:

- ✚ Dance classes and apprenticeship programme
- ✚ Workshops of improvisation and composition
- ✚ Repertoire
- ✚ Creation
- ✚ Music for the dancer
- ✚ Choreographic culture: knowledge of directories, artistic movements and new aesthetic, knowledge of the relations with other arts and their history (theatre, literature, music, plastic arts, architecture)
- ✚ Development of networking with the occupational environment and the live performance
- ✚ Projects with performing artists
- ✚ Different forms of performance productions: annual school performance, personal choreography, lecture demonstration.

Hours of dance classes per week

2026/2027 SCHOOL YEAR	Initial cycle	Preparatory cycle
Ballet	7.30	7.30 - 10.00
Contemporary	4.30	4.30
Artistic additional classes	1.00 - 2.30	4.00 - 7.30
Theory additional classes	2.00 - 3.00	4.30

Integration programme

The PNSD Rosella Hightower can admit students who do not have all the required artistic skills to join the school in a same-age class, but who have the physical and technical fitness to reach the required level with a proper training.

In this case, students are admitted through the integration programme either to the same-age class or to the lower class, with the goal to improve quickly and move to the traditional programme as soon as possible, during the same school year or the following year.

Traditional programme can be completed with additional classes if needed.

After one school year in the integration programme, if the student has not acquired the required skills to move to the standard programme, the school can either propose to do a second integration year or redirect the student toward other programmes or schools.

Academic partnerships

School partnerships with public institutions ensure a good school education to students, which fits well with the dance course planning.

There is a school partnership with the C.I.V (International Center of Valbonne, including the Valbonne International Junior High school and the Valbonne International High school).

Teachers from the C.I.V provide courses within the Mougins campus.



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Dance & Academic training programme at the PNSD Rosella Hightower

2026/2027 SCHOOL YEAR		Year of birth	Academic school classes	Dance classes
DANCE & ACADEMIC STUDIES	Initial cycle	COLLÈGE		
		2015	6ème	Elementaire 1
		2014	5ème	Elementaire 2
	Preparatory cycle	2013	4ème	Elementaire 3
		2012	3ème	Elementaire 4
		LYCÉE		
UPPER SCHOOL Pre-professional DNSP Programme	Initial cycle	2011	Seconde	Secondaire
		2010	Première	Première
	Preparatory cycle	LYCÉE		
		2009	Terminale	DNSP 1
		POST-BAC		
		2008	L2	DNSP 2
	Upper School Post-Bac	2007	L3	DNSP 3 Cannes Jeune Ballet or apprenticeship

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