



UPPER SCHOOL TRAINING PROGRAMME

2025/2026

Training programme for the Diplôme National Supérieur Professionnel Danseur



This 3-years training programme leading to the Dancer Professional Advanced National Diploma (DNSP). It takes place at the PNSD Rosella Hightower in Cannes-Mougins.

Year / Class name	Programme	Skills to acquire
1^{ère} Year - DNSP 1	<ul style="list-style-type: none"> - To Increase dance technique learning; - Theoretical modules: anatomy, dance history, music; - Tools to help to develop each student's personal project (individual interviews and information meetings) - Possibility to take part to projects aimed to go on stage under professional conditions 	
2^{ème} Year - DNSP 2	<ul style="list-style-type: none"> - Through a varied repertoire and different role-playing, students learn to master and increase the quality of their performances as well as their artistic positioning - Link with the DNSP 3 year – Ballet Junior RH through workshops on the 3rd year repertoire; - Possibility to take part to projects aimed to go on stage under professional conditions (work with live music, performances in urban contexts, ordinary stage...); - Put the students in condition to achieve autonomy and maturity to gradually get out of the educational context creating their professional project; - Raise awareness in students about the preservation of their health capital; - Follow-ups of personal professional projects 	<p>1 : Practice the art of being a dancer Pas de deux, ballet and contemporary dance repertoire, choreographic workshops, creations, performances, apprenticeships in dance companies</p> <p>2 : Mantain and improve artistic skills and interpreter's qualities Ballet and contemporary techniques, dancer's health, movement analysis, dance history, choreographic analysis, Benesh notation, arts culture, music</p> <p>3 : Expand and strengthen one's professional field of knowledge and skills Theatre, circus arts, discovery of professions in performing arts world</p>
3^{ème} Year - DNSP 3 Cannes Jeune Ballet Rosella Hightower ou Apprenticeship	<ul style="list-style-type: none"> - To develop performance qualities through a varied repertoire in direct contact with professionals (ballet masters, choreographers, dancers...); - To give students the possibility to acquire more ease on stage thanks to regular performances and work in a professional context; - Develop the ability to adapt to different aesthetics by adjusting timing and preparation process through a deeper personal research about expectations and stakes of the project; - Identify the steps of a professional path for a successful access to working life 	<p>4 : Create its own professional path Working environment, networks, resume writing, how to do applications</p>

Le programme de formation

This programme prepares to the Diplôme National Supérieur Professionnel de danseur (DNSP), a professional dancer diploma officially recognized in France. Its missions:

- To train outstanding, versatile dancers that can meet choreographers' and company directors' requirements in total harmony with current choreographic trends.
- To prepare diversified careers based on self-fulfilment, adaptability and autonomy of each dancer.

This training programme encourages future dancers to develop an artistic identity and to acquire experience, as valuable assets to begin their career. For that purpose, students are mentored and guided in their research by our teachers and by many helpful connections to the professional world: artists, choreographers, guest teachers, internships in professional companies...

Students are encouraged to improve their knowledge of the repertoire, as well as their ability to adapt to different dance styles and languages. They can improve their choreographic culture and their knowledge of body movement in a context where daily dance practice is linked to theoretical aspects (dancer's health, anatomy, movement analysis, dance and body history, music, ballet analysis, etc.).

REPERTOIRE DANCER OR DANCER WORKING WITH CHOREOGRAPHERS: TWO ASPECTS OF THE DANCER'S PROFESSION IN A UNIQUE PROGRAMME

The DNSP programme trains its students to two dimensions of the profession of company dancer: working on existing pieces and on a repertoire, and taking part to the creation process with a choreographer. Students can build their own skills and preferences:

exploring the performer's work in depth in varied existing repertoires, getting access to a great range of different styles to bring to life the original spirit of choreographies and performing them with a new energy;

exploring the creation process with a professional choreographer: participating to the search of choreographic writing and to rehearsals, proposing composition elements according to given directions, improvise freely or within a framework, learning to catch instantly the choreographer's intentions and to reproduce them, adapting to the choreographer's creative rhythm, being able to anticipate and to feed the choreographer's vision.

The DNSP programme aims at exploring and developing all these essential skills.

In partnership with the University of Toulon

Besides training to the DNSP diploma, the PMSD offers its students the possibility to prepare for a bachelor degree.

From the DNSP 2 year, elements of the new creative technologies and multimedia will enrich the training programme, completing the practical dance classes.

Professional Bachelor Degree in Sound and Image Techniques (INTERMEDIA)

> Technologies in performing arts: intermedia approaches

For more details: <http://www.ingemedia.net/formations/licence-pro-tsi-parcours-intermedia>



DNSP 3 – Two paths for the last year : in our junior company or as an apprentice in a professional dance company

Ballet Junior Rosella Hightower

In the early 1980's, Rosella Hightower created our junior company under the name Jeune Ballet International. In 2001, it was renamed Cannes Jeune Ballet (CJB), then Ballet Junior Rosella Hightower.

By joining the Ballet Junior Rosella Hightower, the third and last year of the programme, upper-school students have the opportunity to perform on national and international stages and meet an eclectic public. While putting finishing touches to their performer training, students are confronted with the realities of a choreographic artist's career.

Students are expected to assume their responsibilities on a human and professional point of view and to work in close collaboration with an artistic and administrative team. These work conditions will be the same that they will face in any professional dance company.

The Artistic Direction chooses the pieces in order to propose varied and enriching experiences, from ballet to contemporary repertory, paying a particular attention to pieces adapted to their skills and level.

A year of apprenticeship in a dance company (CFA)

Corresponding to the final year of training in a 3-year cycle leading to the DNSP dancer diploma, the training provided under the apprenticeship contract is based on the DNSP dancer competency framework and the accredited PNSD model. The professional aspect of the training is emphasized, building on and complementing company experience. CFA training brings diversity in terms of choreographic styles and universes, by approaching choreographers and repertoires other than those worked on in the company, in both the classical and contemporary fields.

The training also aims to support young dancers in their professional integration during their apprenticeship year and beyond, to help them build their early career. Personalized follow-up is at the heart of the program.

The three main training objectives are :

- ✚ Maintain and develop versatility as a dancer
- ✚ Build autonomy to meet professional expectations
- ✚ Acquire tools for professionalization

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