ADC

Abigail Dance Coaching



Atelier
Petit Atelier

ABIGAIL DANCE COACHING PROSPECTUS

2027

Atelier

A Modern Holistic Dance Programme

Abigail Dance Coaching, (formerly known as Anneliese Gilberd Academy) continues the culture of growth, supportive coaching, and pursuit of excellence which has led to the success of its students since its establishment in 2010.
Under Director Abigail Boyle, Abigail Dance Coaching (ADC) has continued the tradition of quality coaching, where dancers can train at an elite level in classical and contemporary dance.

Modern Facilities

Our campus, located in the Christchurch central business district, offers easy access to public transportation and proximity to a variety of cultural, recreational, and educational facilities. The modern facility includes:

- Dance Studios
- Gymnasium
- Changing room
- Workshop spaces

Inclusive Environment

ADC is a vibrant community that embraces diversity. Our students bring unique perspectives and backgrounds, contributing to a rich and inclusive school culture. We foster a supportive environment where every student feels valued and empowered to reach their full potential.

ADC Atelier Dance training timetable

Atelier Program is a progressive program focusing on the foundational aspect of ballet and contemporary dance. With a tailored syllabus that builds throughout the year.

Tuesday 4:00-7:00
Wednesday 3:00-6:00
Thursday 4:00-7:00
Friday 4:30-6:00
Saturday 9:00/11:00-3:00

Classes:

Open Classical Technique
Open Pointe classes
Classical Repertoire
Classical Variations
Coaching Classes
Dance Pilates
Contemporary
Technique
Contemporary
Repertoire
Contemporary
Improvisation
& Partnering
Biomechanics
Choreographic
Workshops

Atelier

ADC Ballet Programme

Our ADC Atelier training specializes in Classical Ballet technique, Classical Coaching, Pointe, Variations and Repertoire.
Alongside these classes our students will participate in dance-based pilates and conditioning programmes throughout the week to support our dancers with the physicality needed to dance professionally and without injury. Atelier students will participate in Healthy dancers' workshops that provide individual pilates programmes, strength training, lectures on nutrition, performance anxiety, pointe shoe guidance and performance/audition readiness.

Throughout the year, students will be working with guest choreographers and guest coaches, providing the experience of what it would be like working in a professional company.
Previous guest tutors have included principal dancers from the Royal New Zealand Ballet, and we will be welcoming another principal dancer to our school in 2027.



Petit Atelier

Dance training to build strong foundational technique

Classes:

ADC syllabus training

Pointe preparation

Classical Repertoire

Classical Variations

Coaching Classes

Dance Pilates

Contemporary Technique

Contemporary Repertoire

Contemporary Improvisation & Partnering

Biomechanics

Choreographic Workshops

Healthy dancers' workshops

Timetable:

Wednesday 3:00-6:00

Friday 4:00-7:00

Saturday 11:00-3:00

ADC

FACULTY

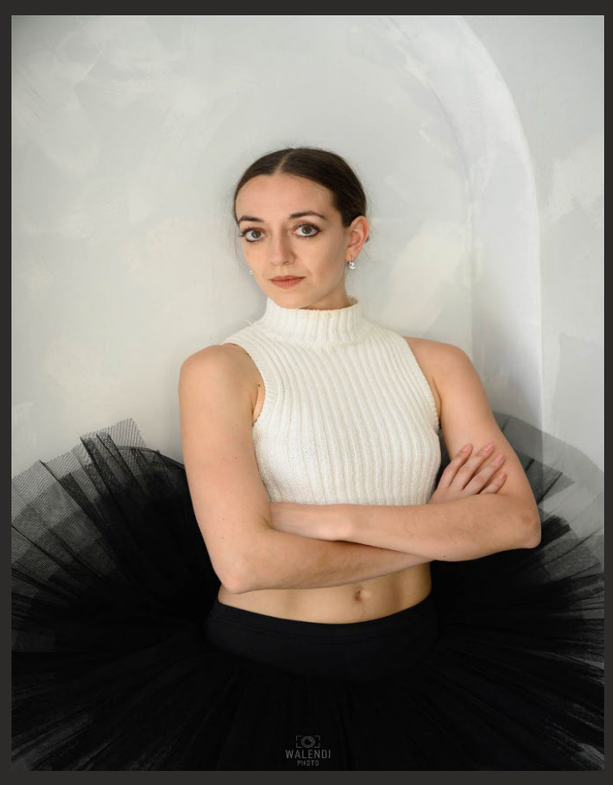


Abigail Boyle

ADC Director / Classical Coach

Professional dancers' postgraduate teaching certificate, RAD

Principal dancer, Royal New Zealand Ballet



Emma Barrowclough

Classical Ballet Tutor / Mindset coach

Ballet collective Aotearoa
West Australia Ballet
The International Ballet Company
Lódź Grand Theatre



Glen Harris

Classical tutor, Pas de deux coach

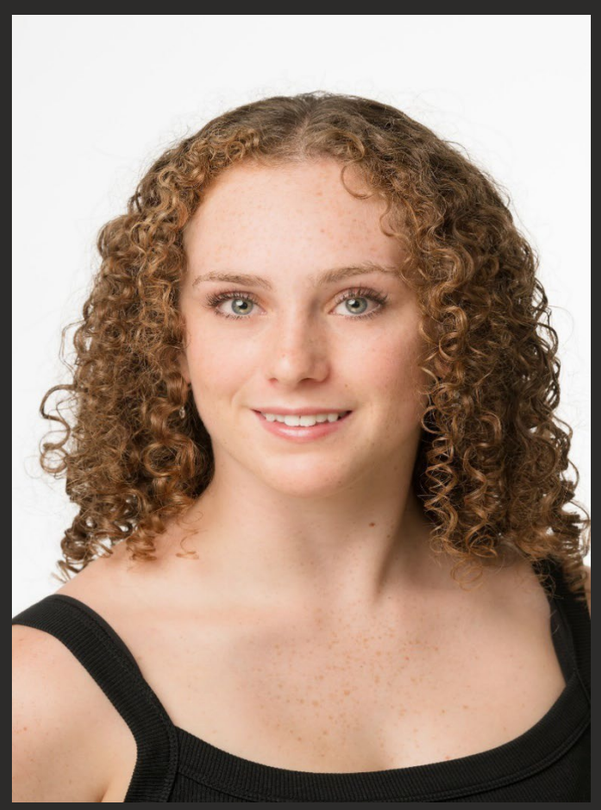
Australian Ballet
Opernhaus ballet Zurich
Joffrey Ballet



Louisa Potter

Dance Pilates & Rehabilitation Tutor

Central School of Ballet,
London PBT trained and certified, London
Alan Herdman Pilates Studio,
London Milenium Dance Vocational Stage School, London
New Zealand School of Dance Graduate



Annabel Lowe

Contemporary Tutor & Strength Coach

New Zealand School of Dance Graduate

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Maureen Coulter

Royal Academy of Dance Tutor

PhD, MA, PGDT, LTCC, ARAD, RTS

Optional Programmes

RAD Vocational Syllabus Exam Classes

Private Conditioning & 1-1 Strength Sessions
Dance Pilates 1-1 sessions
Private Lesson Coaching for:
RAD 14+, SIBA, AHA , YAGP & selected competitions

Atelier
RAD Vocational exam classes
Timetable:
Monday 4-7
Saturday 4-7

Apply

Step 1:
Email Hello@abigaildance.co.nz to request an ADC audition application form for our programme.

Step 2:
Fill out and return your audition application and photos.

Step 3:
You will be contacted by our Director, Ms Abigail Boyle to confirm your application has been received and you will be invited to join us in Christchurch for 1 or 2 days of classes on an agreed day and date where we can meet and assess you.

If coming to Christchurch is not possible, please let us know and we will send you our audition video criteria.
Once you have made your video, send it in as soon as possible.

Step 4:
If you have auditioned in Christchurch, you will have a sit down meeting near the end of the day with our director where we can discuss the programme with you, answer any questions you may have, and we can also get to know you better.

Video audition students will be contacted via phone to discuss their training pathway with us.

Step 5:
You will be notified of the outcome of your audition by email or phone

If you have any further questions please don’t hesitate to contact us.

Hello@abigaildance.co.nz