ADC

Abigail Dance Coaching



EMERGE

ABIGAIL DANCE COACHING PROSPECTUS

2027

EMERGE

A Modern Holistic Dance Programme for Pre-Professionals

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.

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ADC EMERGE Pre-Professional Programme

Classes run Tuesday - Saturday

Classes:

Monday- Full Academic day
Tuesday 1-3:30/4 4:30-7:00
Wednesday 1-3:00 3:00-6:00
Thursday 1:00-3:30/4 4:30-7:00
Friday 1-4:00 4:30-6:00
Saturday 9:00-3:00

EMERGE 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

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ADC Ballet Programme

Our ADC EMERGE 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.

EMERGE students will also attend our Contemporary Dance technique, repertoire, choreography, partnering and improvisation classes alongside our Atelier students in the afternoon and/or evening.

ADC EMERGE offers our students a daily timetable that balances academic studies and dance training, molding our students into becoming the fully rounded and versatile artists and performers our industry requires, in turn offer our artists more job opportunities in the future when entering the industry.

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 to our school in 2027.

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Dance and Academic Programme

Students in the EMERGE program combine their dance training with daily academic learning at various home school programs. Previous students have utilized Te Kura; Ao Tawhiti; and Te Wananga o Aotearoa.

Dance training begins at one pm, Tuesday to Friday to allow for the mixed learning model and to ensure there is time for students to study as well as complete their dance training.



EMERGE

FACULTY

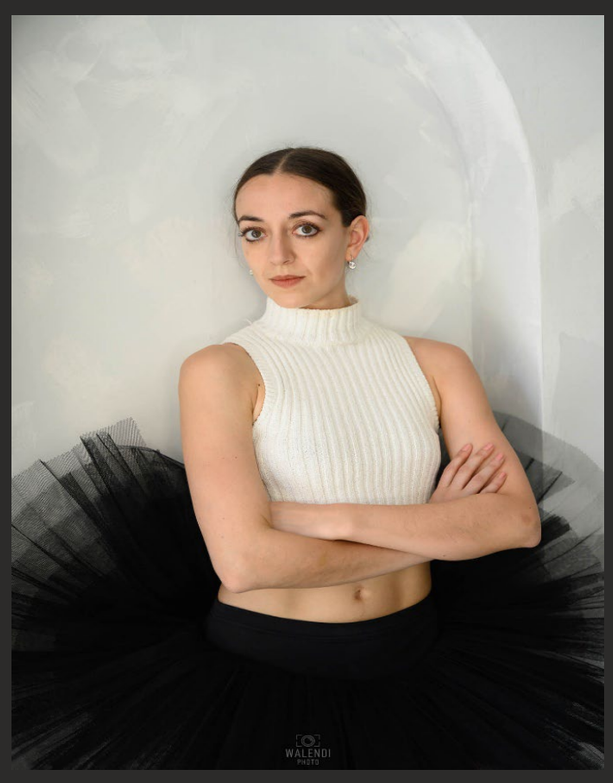


Abigail Boyle

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

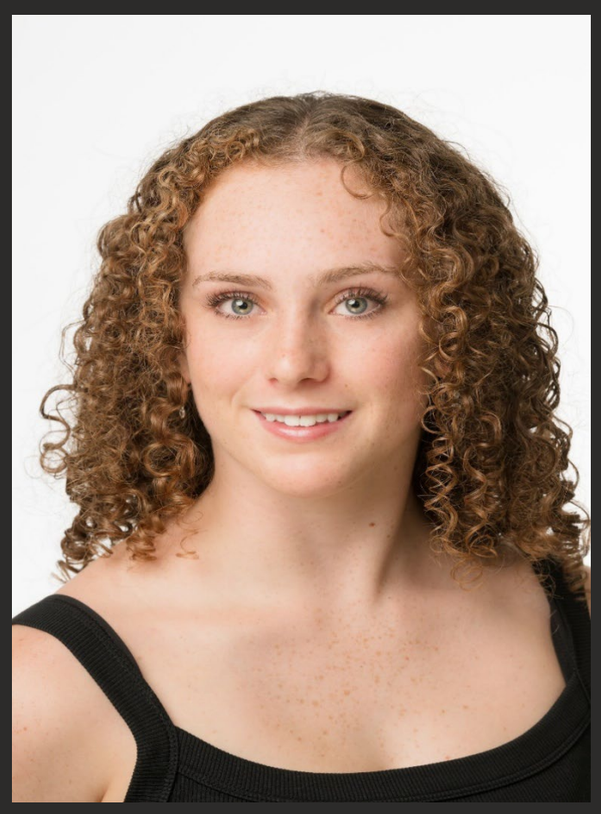
Australian Ballet
Opernhaus ballet Zurich
Joffrey Ballet



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
On site Physio

Private Lesson Coaching for:
RAD 14+, SIBA, AHA , YAGP & selected competitions

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Student Accommodation

ADC is able to offer two accommodation options to consider for students choosing to relocate to Christchurch to train with us. We have onsite independent living with the Kind Foundations Hotel Give or we have a selection of longstanding wonderful family private homestays to choose from.

On Site Independent Living

The Kind Foundation is pleased to be able to offer on site accommodation as part of the newly refurbished Hotel Give, for students 17yrs and older. Hotel Give offers a variety of halls of residence style type room options for various budgets. This onsite accommodation is perfect for our ADC students who are preparing to travel and enter the world of professional dance.
This living option will give our students the opportunity to learn and experience how to look after themselves in their own environment, so they are confident when entering the next stage of their professional dance journey away from home.

Private Homestay

We can also offer the option of our own ADC Homestay families for our students under 17 yrs. Here they can live within a beautiful family environment with other ADC students. Our ADC homes provide the security, support and care our younger student's needs, with our wonderful homestay mothers understanding of the requirements of living a dancers life. Our homestay options also offer our students the friendship and socialisation of living with other dance buddies, and travel to and from the studios.

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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

At ADC it is all about your long term goals and living a balanced, healthy, happy life while pursuing your dream