

### **How *Silver Swans* originated**

- The RAD developed *Silver Swans* as a pilot project in response to a growing demand for ballet classes for older learners.
- Sessions are based upon research into dance practice for older participants from our Dance for Lifelong Wellbeing project.
  - This project identified psychological benefits of dance, such as perceived improvements in quality of life, as well as physiological advantages, such as improved balance.
  - As part of an extended trial, *Silver Swans* classes have been running for close to three years at RAD HQ.
    - The classes have grown in popularity over the years and, to accommodate demand, we now hold four classes a week at RAD headquarters compared to just two classes a week in 2016/17

### ***Silver Swans* Classes**

- *Silver Swans* classes are specially targeted at older learners
  - Classes are for both novice and experienced dancers
  - Although targeted at those aged over 55, there is no upper or lower age limit to be a *Silver Swan*
  - Students at RAD HQ have ranged in age from 40s to 80s
  - These classes will help improve mobility, posture, co-ordination and energy levels
    - Most importantly, these classes are an opportunity to have fun and enjoy the sense of wellbeing that dance brings
- *Silver Swans* Licensed Teachers do not follow any particular syllabus; rather, the training gives them insight into how to adapt their teaching to a diverse class of adults, information on safe practice, and inspiration as to how to keep a group of 'swans' engaged over time.
- To find *Silver Swans* Licensed Teachers and classes, you can search our interactive map at [www.rad.org.uk/silverswans](http://www.rad.org.uk/silverswans)

### ***Silver Swans* Licensed Teachers**

- *Silver Swans* classes are delivered exclusively by *Silver Swans* Licensed Teachers who have trained to safely adapt ballet techniques for older adults.
  - From September 2017, classes will be rolled out in parts of the UK and USA, as well as some other locations around the world
    - 120 teachers have undertaken *Silver Swans* training. 90 teachers completed the training in the UK and 30 completed the training in the US

### **Future of *Silver Swans***

- Teachers on the pilot will be entitled to deliver *Silver Swans* branded classes from September 2017 to August 2018.
- During this time, we will work with pilot participants to refine the initiative for a roll-out beyond this – at this time there are no confirmed plans for rollout, pending an evaluation of the first delivery phase.