



COTSWOLDS JUNIOR ASSOCIATE COACHING

8-12 years

Our Cotswolds Associate Coaching program offers
professional ballet coaching
on a monthly basis.

Coach: *Tierney Heap*
Director: *Claudia Dean*

£59 per visit

CLAUDIA DEAN WORLD



DATES

COTSWOLDS JUNIOR ASSOCIATES

SPRING TERM 2 2026

FOCUS: FOUNDATIONS & STRENGTH

Building correct placement, alignment and muscle use to establish a strong base for the year ahead.

VISIT 1	FEBRUARY 22ND
WITH TIERNEY HEAP & CLAUDIA DEAN	
VISIT 2	MARCH 22ND
WITH TIERNEY HEAP	
VISIT 3	APRIL 19TH
WITH TIERNEY HEAP	
VISIT 4	MAY 31ST
+ CLASS WORK ASSESSMENT WITH TIERNEY HEAP & CLAUDIA DEAN	

AUTUMN TERM 1 2026

FOCUS: AUDITION TECHNIQUE & EXPRESSION

Focused coaching to build confidence, refine classwork, learn repertoire and preparation for audition settings.

VISIT 8	SEPTEMBER 20TH
WITH TIERNEY HEAP	
VISIT 9	OCTOBER 18TH
WITH TIERNEY HEAP	
VISIT 10	NOVEMBER 1ST
+ REPERTOIRE ASSESSMENT & PARENT WATCHING WITH TIERNEY HEAP & CLAUDIA DEAN	
VISIT 11	DECEMBER 6TH
WITH TIERNEY HEAP	

SUMMER TERM 3 2026

FOCUS: REFINEMENT, FLEXIBILITY & ELEVATION

Polishing technique, consolidating progress and strong focus on power in all allegro & turns for the year ahead.

VISIT 5	JUNE 28TH
WITH TIERNEY HEAP	
VISIT 6	JULY 19TH
WITH TIERNEY HEAP	
SUMMER BREAK	AUGUST
PARENT FEEDBACK INTERVIEWS WITH TIERNEY HEAP & CLAUDIA DEAN DATES RELEASED AFTER ACCEPTANCE	

SPRING TERM 2 2027

FOCUS: FOUNDATIONS & STRENGTH

Building correct placement, alignment and muscle use to establish a strong base for the year ahead.

VISIT 1	JANUARY 17TH
WITH TIERNEY HEAP	

MORE 2027 DATES COMING SOON



COTSWOLDS JUNIOR ASSOCIATES FEBRUARY & APRIL SCHEDULE

FOUNDATIONS & STRENGTH

*Building correct placement, alignment and muscle use
to establish a strong base for the year ahead.*

8:55AM

WELCOME INDUCTION & CLASS
ETIQUETTE

Refine classroom etiquette
and professionalism,
focusing on the behaviours
and details.

9:00AM

OPEN & ASSESSMENT BARRE

Learn, refine, and
strengthen set barre work to
prepare for termly
assessments with accuracy
and artistry.

10:00AM

OPEN & ASSESSMENT CENTRE

Polish, learn & coach set
centre work to prepare for
termly assessments with
accuracy and artistry

11:00AM

REPERTOIRE CLASS

Experience professional
repertoire and solo variations,
refining both technical and
artistic qualities while
learning to embody stage
presence.

12:00PM

PRE POINTE & REPERTOIRE POLISHING

Build the strength, alignment,
and control required for safe
progression onto pointe,
preparing dancers for
assessments and long-term
pointe success.

FINISH 12:30PM



COTSWOLDS JUNIOR ASSOCIATES

MARCH, JULY & OCTOBER SCHEDULE

**FOUNDATIONS & STRENGTH / REFINEMENT, FLEXIBILITY & ELEVATION/
AUDITION TECHNIQUE & EXPRESSION**

Focused coaching builds correct placement, alignment, and muscle use, refines technique, strengthens allegro and turns, and develops confidence while preparing dancers for classwork, repertoire, and auditions.

8:55AM	WELCOME INDUCTION & CLASS ETIQUETTE	Refine classroom etiquette and professionalism, focusing on the behaviours and details.
9:00AM	OPEN CLASS BARRE	Refine technique and strengthen foundational alignment and muscle use through carefully structured barre exercises that set dancers up for success in the centre.
10:00AM	OPEN CLASS CENTRE & PIROUETTES	Apply barre foundations into the centre with a focus on balance, coordination, artistry and learning how to precisely pick up choreography
11:00AM	REPERTOIRE, VARIATION COACHING + BALLET HISTORY EDUCATION	Experience professional repertoire and solo variations, refining both technical and artistic qualities while learning to embody stage presence.
12:00PM	STRONG & FLEXIBLE CLASS	Improve overall strength and flexibility with targeted exercises designed to develop control, mobility, and safe extension.

FINISH 12:30PM



COTSWOLDS JUNIOR ASSOCIATES MAY & NOVEMBER SCHEDULE

FOUNDATIONS & STRENGTH / AUDITION TECHNIQUE & EXPRESSION

Focused coaching develops correct placement, alignment, and muscle use, building a strong foundation while refining classwork, repertoire, and audition readiness.

8:55AM	WELCOME INDUCTION & CLASS ETIQUETTE	Refine classroom etiquette and professionalism, focusing on the behaviours and details.
9:00AM	REFINEMENT HOUR (WORKING IN SPECIFIC AREA)	Strengthen and refine a specific area of ballet technique through focused, detailed coaching to build clarity and confidence.
10:00AM	ASSESSMENT	Perform Assessment with Claudia Dean & Tierney Heap
11:00AM	OPEN CLASS ALLEGRO	Enhance elevation, speed, and clarity of footwork through progressive allegro combinations that challenge both technique and musicality.
12:00PM	REPERTOIRE, VARIATION COACHING + BALLET HISTORY EDUCATION	Experience professional repertoire and solo variations, refining both technical and artistic qualities while learning to embody stage presence.

FINISH 12:30PM



COTSWOLDS JUNIOR ASSOCIATES JUNE, SEPTEMBER & DECEMBER SCHEDULE

REFINEMENT, FLEXIBILITY & ELEVATION/ AUDITION TECHNIQUE & EXPRESSION

Focused coaching polishes technique, consolidates progress, and builds power in allegro and turns while developing confidence, refining classwork, repertoire, and audition readiness.

8:55AM	WELCOME INDUCTION & CLASS ETIQUETTE	Refine classroom etiquette and professionalism, focusing on the behaviours and details.
9:00AM	OPEN CLASS BARRE & CENTRE	Refine technique and strengthen foundational alignment and muscle use through carefully structured barre & centre exercises that set dancers up for success.
10:00AM	NEW SKILLS HOUR	Learn advanced steps and expand personal repertoire, challenging technique and pushing artistic growth.
11:00AM	REPERTOIRE, VARIATION COACHING + BALLET HISTORY EDUCATION	Experience professional repertoire and solo variations, refining both technical and artistic qualities while learning to embody stage presence.
12:00PM	SUPPLEMENTAL TRAINING	Specialised classes to enhance mindset, technique, confidence & artistic approach.

FINISH 12:30PM



"WHAT IS ASSOCIATE COACHING?"

Associates receive personalised coaching to refine technique and artistry, build ballet career connections, gain expert guidance for auditions and competitions.

COTSWOLDS FACULTY



TIERNEY HEAP **LEAD COACH**

Tierney Heap trained at the Royal Ballet School and went on to dance as a First Soloist with The Royal Ballet Company. Now Lead Coach for our Cotswolds Associates, she shares her artistry and professional expertise, giving dancers the invaluable opportunity to learn from someone who has performed at the very highest level.



CLAUDIA DEAN **OVERSIGHT DIRECTOR**

Claudia Dean trained at The Royal Ballet School and danced with The Royal Ballet Company before returning to Australia, where she became one of the most sought - after ballet coaches. With over a decade of experience, she now brings her transformative methods to the UK Associates Program, offering dancers world - class training, mentorship, and clear progression towards their goals.



PROGRAM STRUCTURE

MONTHLY

1 DAY TRAINING
9AM - 12:30PM

11 VISITS PER YEAR
STRUCTURED WITH
TERMLY THEMES



COACHING REFINEMENT

Associate Coaching guides 22 dancers through focused training, providing exclusive access to judges and industry professionals to grow your network and career.



FEEDBACK TO MAXIMISE SUCCESS

Tierney & Claudia's personalised coaching gives dancers individual attention, mentorship, and feedback to support auditions, competitions, and future opportunities.

PROGRESS AND PARENT FEEDBACK

Dancers receive written feedback after assessments. Parents can also watch the Repertoire Assessment and participate in a feedback interview with the Cotswolds Faculty.

22 STUDENTS ONLY PER LEVEL

Contact:

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tierney@claudiadeanworld.com