

2026 Prospectus



# Prosillio Programme

*“To leap ahead”*

A pathway for both Classical Ballet and Contemporary Dance Majors



CANTERBURY  
BALLET &  
DANCE ACADEMY



AO  
TAWHITI  
UNLIMITED  
DISCOVERY

# The Prosillio Programme



Prosillio is an integrated academic and dance pathway delivered through the partnership between Ao Tawhiti Unlimited Discovery and Canterbury Ballet and Dance Academy. It is a unified, academically credible and professionally recognised programme that bridges studio training and academic learning. Designed around two complementary strands, the programme offers built-in flexibility: students may follow a full pathway, specialise in one strand to create space for other subjects, or combine both to build a more immersive dance-academic programme. This personalisation ensures every student can align their study with their strengths, needs and aspirations. Prosillio is the only programme in New Zealand that provides both University Entrance and Scholarship qualifications whilst preparing and supporting dancers equally for tertiary study and for engagement in the dance industry.

## Programme overview

THE Prosillio Programme is designed for young dancers who want the very best of both worlds: Excellent Dance Training and a strong future-focused education.

Developed jointly by Ao Tawhiti Unlimited Discovery and Canterbury Ballet & Dance Academy, Prosillio offers a flexible system that allows students to progress in dance while also maintaining access to the full breadth of academic subjects needed for university pathways.

Every student has a personalised Individual Education Plan (IEP) that ensures dance commitments, wellbeing, academic learning and future goals work together in a balanced supportive way.

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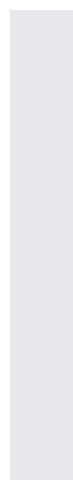
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Canterbury Ballet and Dance Academy is Ao Tawhiti's approved NCEA learning and assessment partner. Students complete technical and creative work in the studio under the supervision of Canterbury Ballet teachers, while Ao Tawhiti provides NZQA accreditation and assessment support. This integrated model is unique in New Zealand and ensures rigorous academic recognition for high-level dance training.

# Why Prosillio?



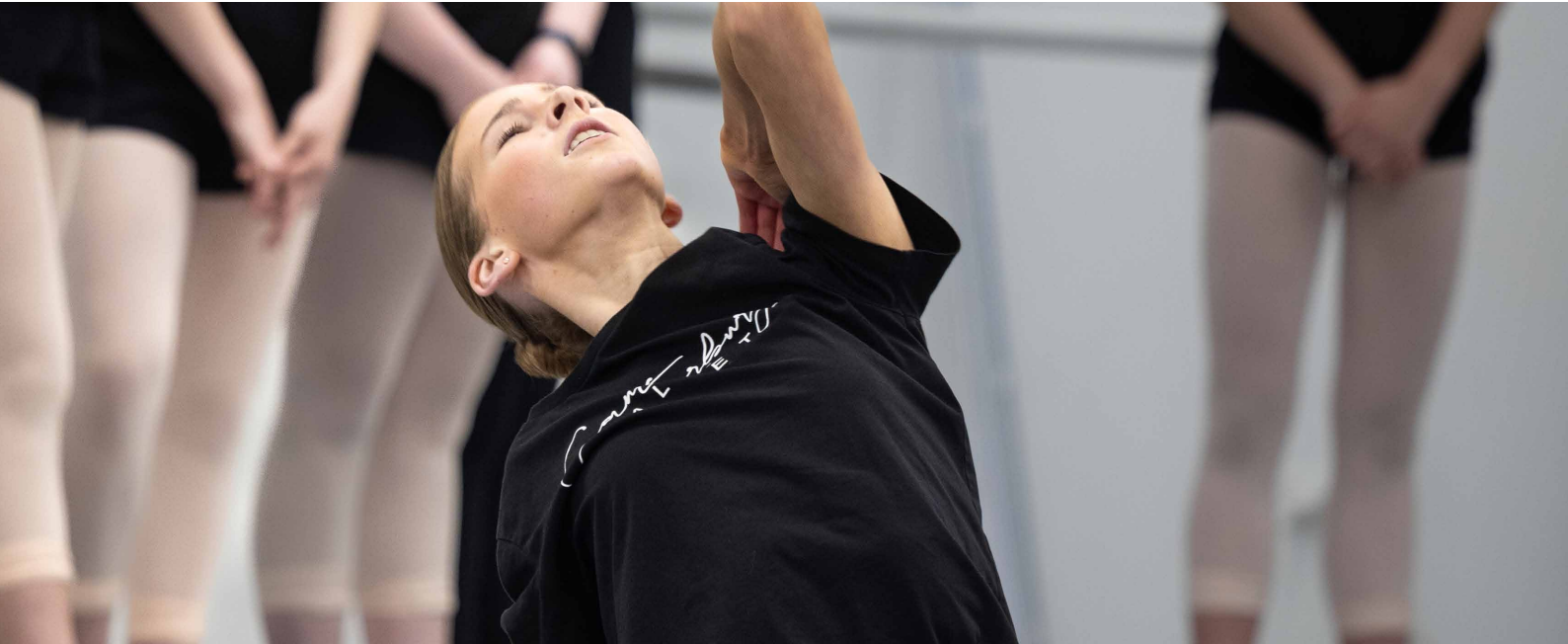
*Personalised, NCEA-aligned learning opportunities*





## 1. — Prosillio Programme – Overview of Integrated Options

The Prosillio Programme offers personalised, NCEA-aligned learning opportunities for pre-professional dancers. Each student's pathway is developed through an Individual Education Plan (IEP) to reflect their goals and training commitments. Programmes are co-designed by Ao Tawhiti and Canterbury Ballet & Dance Academy, ensuring that academic learning and studio training are meaningfully connected.



## 2.

### — Dance Science & Performance Strand

This strand focuses on the scientific and physical foundations of dance – the practice, performance, and optimisation of the dancer's body and mind. It integrates the study of anatomy, biomechanics, exercise physiology, nutrition, and performance psychology with technical dance training. Students explore how the body works, how to train effectively, and how to maintain wellbeing and prevent injury while developing artistry and leadership in performance.

This programme draws primarily from the NCEA subject areas of Dance, Physical Education, and Health, with assessment opportunities at both Level 2 and Level 3. Scholarship Dance and STAR courses are available for advanced students. It is collaboratively delivered by Ao Tawhiti and Canterbury Ballet & Dance Academy, aligning the student's studio training with their academic learning.



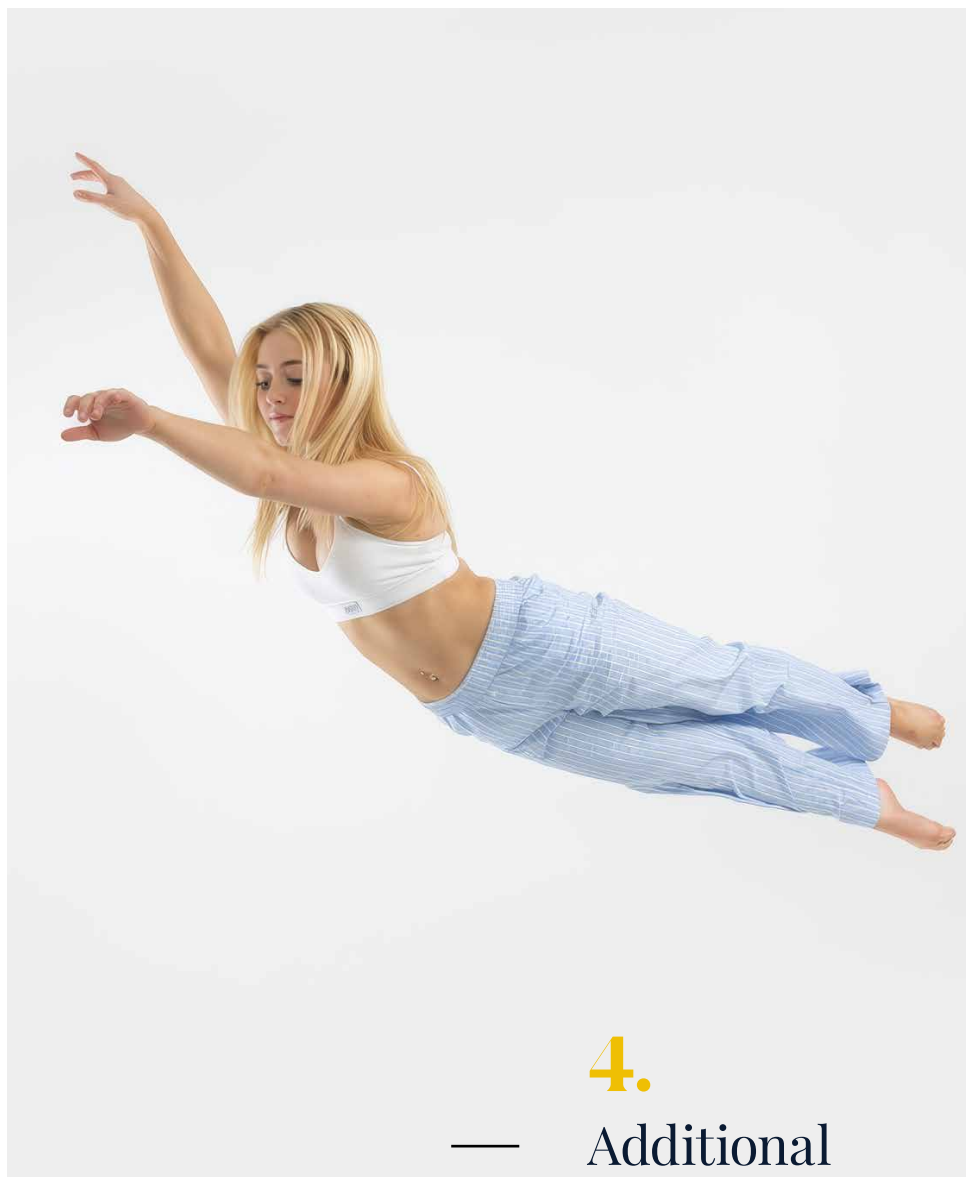
### 3.

## — Dance Arts & Industry Strand

This strand focuses on the creative, commercial, and communicative aspects of dance. Students investigate how dance operates as an artform, an industry, and a mode of storytelling. They learn to produce dance films, manage performance projects, analyse and interpret choreography, and understand the legal, financial, and media contexts of the dance profession.

This programme draws from English, Media Studies, Art History, Business Studies, and Legal Studies, providing assessment opportunities at both Level 2 and Level 3. Scholarship and STAR course options are available for advanced students. It is collaboratively delivered by Ao Tawhiti and Canterbury Ballet & Dance Academy, ensuring that academic inquiry is connected to real-world practice and performance.





## 4.

### — Additional Academic Studies

In addition to the Prosillio-specific programmes, students have access to the full range of Ao Tawhiti's standard NCEA subjects, including Mathematics, Sciences, Social Sciences, Visual Arts, Technology, and Humanities. Students may select these subjects to broaden their learning or to meet specific tertiary or University Entrance requirements. Flexible scheduling allows them to integrate these subjects alongside their dance training and Prosillio modules.



## 5.

### — Industry & Tertiary Pathways

Students can extend their qualifications by engaging with external providers such as Te Kura, ARA, and the University of Canterbury through STAR and Gateway programmes. They may also complete additional qualifications including Personal Training or Pilates Instructor certification, Barista and First Aid training, or Cambridge examinations. These opportunities enhance employability, develop transferable skills, and provide professional pathways beyond dance performance.



*Students can  
extend their  
qualifications*



*ABT training  
spans seven levels  
(Pre-Primary  
to Level 7)*

## — 4. Curriculum Integration

All Prosillio students receive formal instruction through the American Ballet Theatre (ABT) National Training Curriculum, delivered by Canterbury Ballet & Dance Academy's ABT-certified teachers. ABT training spans seven levels (Pre-Primary to Level 7). Students' daily studio practice contributes directly to their academic progress and professional certification.



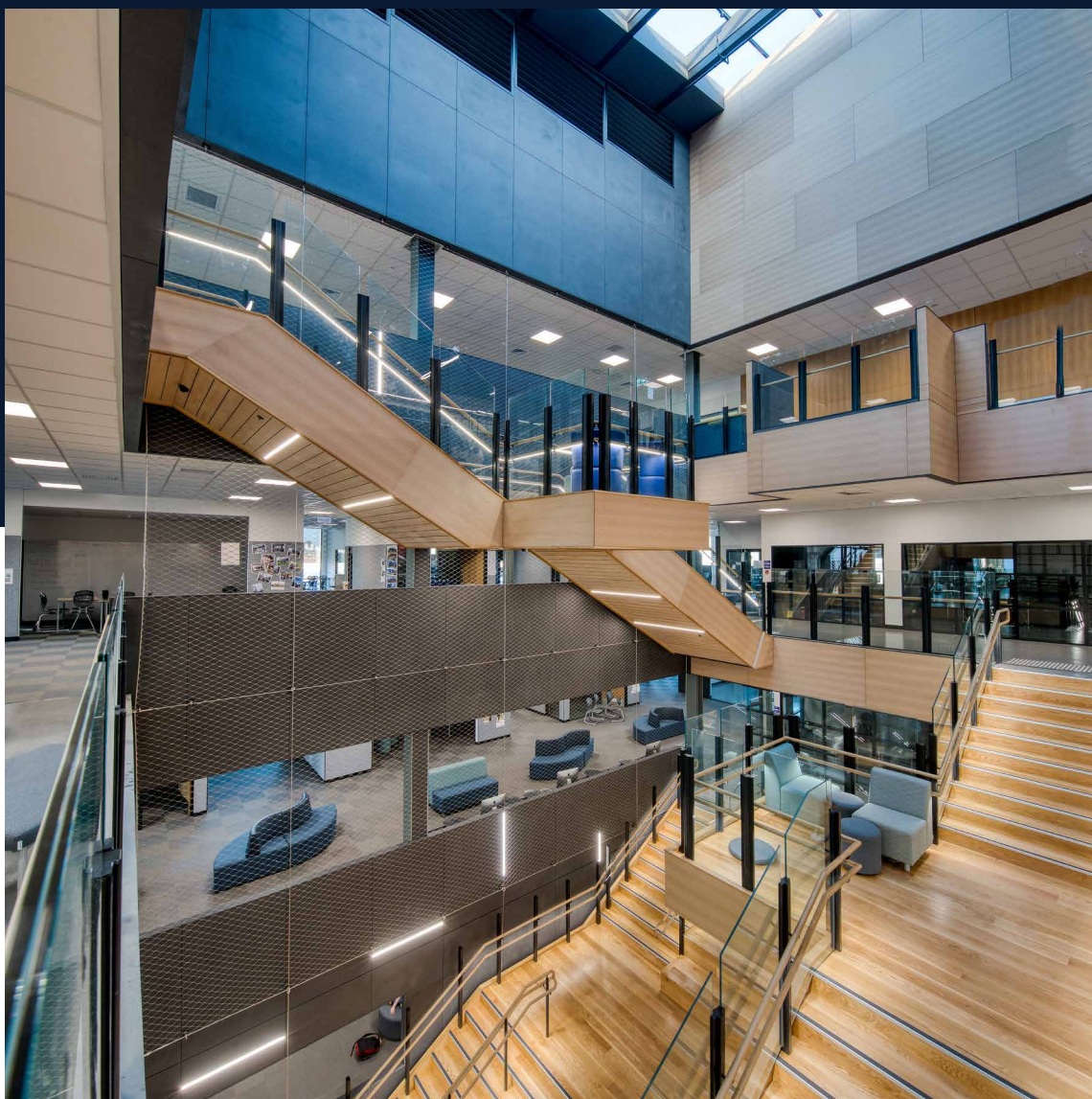
## 5.

### — Collaborative Vision

By combining Ao Tawhiti's flexible, student-centred model with Canterbury Ballet & Dance Academy's technical excellence, the Prosillio Programme offers a nationally distinctive pathway. Together, we provide academically rigorous, industry-aligned, and deeply personalised education for pre-professional dancers. The collaboration enables us to provide a unique opportunity – one that combines academic achievement, professional training, and individual growth in a single integrated framework.







2026 APPLICATIONS NOW OPEN

To apply please contact **[enrol@aotawhiti.school.nz](mailto:enrol@aotawhiti.school.nz)**  
and mention you are interested in the Prosillio Programme.



Ao Tawhiti Unlimited Discovery School  
5 Mollett Street  
Christchurch Central 8011  
Phone 03 3777773



Canterbury Ballet & Dance Academy  
235 Waltham Road  
Christchurch Central 8011  
Phone 021 882921 or 021 887263