

Studio located at Sydney Halbish Hall, Old Don Road, Don Valley (next to Don Valley Primary School).

	TIME	CLASS
MONDAY	4:15 – 4:45pm	Pre-Primary Acro (3 – 5 years)
	4:45 – 5:45pm	Open Acro (6 years and over)
	5:45 – 6:45pm	Inter Contemporary and Lyrical (10 years and over)
	6:45 – 7:45pm	Inter Classical Ballet and Pre-Pointe (10 years and over)
	7:45 – 8:15pm	Open Stretch and Technique (10 years and over)

	TIME	CLASS
TUESDAY	4:00 – 4:30pm	Junior Hip Hop (6 – 10 years)
	4:30 – 5:15pm	Junior Jazz and Tap (6 – 8 years)
	5:15 – 6:00pm	Primary Classical Ballet (6 – 9 years)
	6:00 – 7:00pm	Sub-Inter Jazz and Tap (9 – 12 years)
	7:00 – 7:45pm	Inter Hip Hop (11 years and over)
	7:45 – 8:45pm	Open Jazz and Tap (13 years and over)

	TIME	CLASS
WEDNESDAY	4:00 – 4:45pm	Pre-Primary Classical Ballet, Jazz and Tap (3 – 5 years)
	4:45 – 5:45pm	Open Musical Theatre (5 years and over)
	5:45 – 6:45pm	Junior Contemporary and Lyrical (6 – 9 years)
	6:45 – 7:45pm	Adult Classical Ballet and Contemporary (18 years and over)

	TIME	CLASS
FRIDAY	9:30 – 10:00am	Mini and Me (16 months – 3 years with carer)
	10:00 – 10:30am	Pre-Primary Classical Ballet (3 – 5 years)
	10:35 – 11:05am	Mini Moverz: Dance Play and Tumble (18 months – 5 years) <i>*Children under 3 with carer</i>
	11:10 – 11:55am	Pre-Primary Jazz and Tap (3 – 5 years)

**\*Class times and days are subject to change without notice and classes may be combined or cancelled if there are insufficient numbers to sustain a class\***

## PRE-SCHOOL CLASSES

**MINI & ME** (16 months to 3 years with carer) The perfect bonding session for a parent (or another carer) and their child. You and your tiny dancer will enjoy a class full of dance, games, fun and surprises, whilst you work together to develop fine motor skills and rhythm.

**MINI MOVERZ** (18 months to 5 years - under 3 years with carer) An energetic class full of tumbling, dance, games and lots of fun for little ones. A perfect class to assist with the development of balance and hand/eye coordination.

## MAINSTREAM CLASSES

**ACRO** incorporates elements of gymnastics, jazz, and contortion. It teaches flexibility, balance, strength, and coordination. In this fun but challenging class, students will learn to do handstands, cartwheels and aerials, chest stands, elbow stands and walkovers.

**CLASSICAL BALLET** is the most technical of all classes. It is recommended that all dancers enrol in a technique class such as this. The strength and control learned in this class is a valuable asset to any dance style.

**CONTEMPORARY** is basically classical ballet with the rule book thrown out! It is an expressionist form of dance and encompasses many facets of movement.

**HIP HOP** is the latest style of street dancing as seen in rap video clips - think Missy Elliot, Justin Timberlake and Beyonce! Students will be encouraged to apply their own styles and creativeness to the routines.

**JAZZ** is often associated with musicals such as Chicago or Fame, modern jazz is also the style used for pop concerts, opening ceremonies and music videos.

**LYRICAL** is a fusion of ballet and jazz dance techniques. It is an emotional dance style and portrays a story through every movement made.

**MUSICAL THEATRE** is fun with cherries and sprinkles on top! Students will learn to sing and dance in a fun and relaxed atmosphere.

**POINTE/PRE-POINTE** classes are additional to the regular ballet class. Dancing 'en pointe' or on your toes is a major goal in a ballerina's dance life. Pointe class may also be taken by students who are not yet on pointe to further develop and strengthen the muscles necessary to go on pointe.

**STRETCH AND TECHNIQUE/KICKS, LEAPS AND TURNS** focuses on improving a dancer's muscular strength, flexibility, and endurance. Students work on their jump and turning skills which can be applied and adapted to suit all dance styles.

**TAP** was established by greats such as Fred Astaire and Gene Kelly, but today with groups such as the Tap Dogs, tap dancing has grown to be very funky.