

	TIME	CLASS
<b>MONDAY</b>	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)

	TIME	CLASS
<b>TUESDAY</b>	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 – 6:45pm	Inter Hip Hop (11 years and over)

	TIME	CLASS
<b>WEDNESDAY</b>	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)

	TIME	CLASS
<b>FRIDAY</b>	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>

**\*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.

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.

## MAINSTREAM CLASSES

**ACRO** incorporates elements of gymnastics, jazz, and contortion. It teaches flexibility, balance, strength, and coordination. In this