

2020 DRAFT TIMETABLE

	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4 or 5
MONDAY	<p>4:30-5:30pm Jazz 1 (MG)</p> <p>5:30-6:30pm Hip Hop 4 (BS)</p> <p>6:30-7:30pm Music Theatre (MG)</p> <p>8:30-9:30pm Contemporary 4 (OT)</p>	<p>4:30-5:30pm Hip Hop 1 (BS)</p> <p>5:30-6:30pm Bronze Medal (TC & SW)</p> <p>6:30-7:30pm Bronze Star (OT)</p> <p>7:30-8:30pm Gold Ballet (OT)</p>	<p>4:30 -5:30pm Tap 2 (TC & SW)</p> <p>5:30-6:30pm Jazz 2 (MG)</p> <p>6:30-7:30pm Tap 3 (CG)</p> <p>7:30-8:30pm Tap 4 (CG)</p>	<p>9:30-10:15am Preschool Ballet (TC)</p> <p>10:30-11:15am Preschool Acro (TC)</p> <p>2:00pm-2:45pm Motion Movers (TC)</p>
TUESDAY		<p>4:30-5:30pm Acro 1 (OT)</p> <p>5:30-6:30pm Junior Troupe (OT)</p> <p>6:30-7:30pm Acro 2 (OT)</p> <p>7:30-8:30pm Acro 3 (OT)</p>	<p>4:30-5:30pm Tap 2 (CH)</p> <p>5:30-6:30pm Lyrical 1 (CH)</p> <p>6:30-7:30pm Adult Combo class (CH)</p>	<p>9:45-10:15am Motion Toddlers (TC)</p> <p>10:30-11:15am Motion Movers (TC)</p> <p>4:30-5:30pm Ballet 2 (TC)</p> <p>5:30-6:30pm Tap 1b (TC)</p>
WEDNESDAY	<p>4:30-5:30pm Hip Hop 2 & 3 (MG)</p> <p>5:30-6:30pm Lyrical/Contemp 3 (MG)</p> <p>6:30pm -7:30pm Jazz 3 (MG)</p> <p>7:30-8:30pm Teen Troupe (EF)</p>	<p>4:30-5:30pm Hip Hop 1 (CH)</p> <p>5:30-6:30pm Music Theatre 2 & 3 (CH)</p>	<p>6:30-7:30pm Pointe (OT)</p> <p>7:30-8:30pm Senior Troupe (OT)</p> <p>8:30-9:30pm Open Ballet 3 & 4 (OT)</p>	
THURSDAY	<p>4:30-5:30pm Tap 1a (CH)</p> <p>5:30-6:30pm Song and Dance (CH)</p> <p>6:30pm -7:30pm Junior Open ballet (CH)</p>	<p>4:30-5:30pm Lyrical/Contemp 2 (SW)</p> <p>5:30-6:30pm Acro 1 (SW)</p> <p>6:30-7:30pm Jazz 2 (SW)</p>		
FRIDAY				<p>9:30-10:15am Motion Movers (TC)</p>
SATURDAY	<p>9:00-10:00am Ballet 2 (TC)</p> <p>10:00-11:00am Irish 2 (TC)</p> <p>11:00-12noon Irish 1 (TC)</p>	<p>10:00-11:00am Jazz 1 (EF)</p> <p>11:00-12:00pm Song & Dance (EF)</p> <p>12:00pm-1:00pm Lyrical 2 (EF)</p>	<p>10:00-11:00am Bronze Medal (OT)</p> <p>11:00-12:00pm Bronze Star (OT)</p>	<p>9:00-9:45am Preschool Ballet (CH)</p> <p>10:00-10:45am Motion Movers (CH)</p> <p>11am -12pm Beginner Tap (4 years +) (CH)</p>

2020 Teachers:

BS – Baus Saubry
CG – Carrie Green

CH – Chelsea Hyde
EF - Ellie Foster

MG – Meg Goodes
OT – Olivia Thomas

SW – Shardee Worroll
TC – Tracy Coutts

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CLASSICAL BALLET (ATOD Syllabus)

Classical Ballet classes boasts a highly comprehensive syllabus that provides dancers with correct training and technique. Dancers will have the opportunity to enter exams through the Australian Teachers of Dance. Whilst exams are optional, they are strongly encouraged as it builds self-confidence, improves technique and gives dancers a goal. Please speak with Miss Olivia or Miss Tracy for class recommendations and exam eligibility.

BALLET OPEN CLASSES

A fantastic complimentary class for any ballet or dance student, this class offers ballet-based floor exercises designed to improve flexibility, strength, stamina and technique. Students will work muscles not always activated in a classical ballet class that will improve their experience with dance.

Junior Open Ballet – 9 years-11 years

Teen-Senior Open Ballet – 12 years +

JAZZ

Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Emphasis is on the importance of energy, rhythmical accuracy, and style.

Jazz 1 – Prep – 8 Years

Jazz 2 – 9 Years - 11 Years

Jazz 3 – 12 years -15 years

Jazz 4 - 16 Years +

HIP HOP

This class teaches students the vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required.

Hip Hop 1 – Prep – 8 Years

Hip Hop 2 – 9 Years - 11 Years

Hip Hop 3 – 12 years – 15 years

Hip Hop 4 – 16+ Years

MUSIC THEATRE JAZZ

These upbeat classes teach fun choreography, show-stopping stage presence, and acting, with a focus on learning song-and-dance numbers from a variety of musical productions, past and present. No singing required.

Music Theatre 2 & 3 - 8 years -15 years

Music Theatre 4 – 16 years +

SONG AND DANCE

These classes will focus on building students' skills including vocals, drama and dancing. Students will get the chance to sing hit songs and act out scenes from renowned musicals. Popular musicals include Matilda, Aladdin and Lion King, right through to the latest film musicals such as "The Greatest Showman".

LYRICAL/ CONTEMPORARY

These classes will concentrate on the lyrical style. This teaches the body to move as an expressive tool; body/spatial/sensory awareness, structures and alignment, stage presence and gesture. An introduction to contemporary will be explored as it is a more mature unique style.

Lyrical 1 – Prep – 8 Years

Lyrical/Contemporary 2 – 9 Years - 11Years

Lyrical/Contemporary 3 – 12 years – 15 years

Contemporary 4 -16+ years

TAP

The rhythm and movement of tap, created by the metal taps on the heels and toes of a dancer's shoes, transforms the dancer into a percussive musician. Tap dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but also in their own bodies.

***Please contact us for class suitability.**

In 2019 students will be provided with the option of entering exams through the Australian Teachers of Dance (ATOD)

IRISH

These classes offer high levels of traditional Irish dancing technique and develop great levels of fitness, musicality and strength through a wonderful dance form. Students have the opportunity to enter exams and competitions. Registered with An Coimisiún le Rincí Gaelacha, The Irish Dancing Commission, Ireland.

Please speak with Miss Tracy regarding class recommendation.

ACROBATICS

Classes are designed to teach students how to safely execute tricks such as backbends, walkovers, handstands, cartwheels and more incorporating them into dance routines! An excellent class to complement each and every dancer to give them strength and flexibility.

Please speak with Miss Olivia or Miss Tracy for class recommendations.

TROUPE CLASSES

Our troupes will have the opportunity to compete at many different events and competitions throughout the year. A high level of dedication and commitment is required to be a part of the troupes. Troupe is a great way for students to gain experience dancing in different environments, and to let their colours shine on stage!

Junior Troupe will be entered in 3 competition and Teen and Senior Troupe will be entered in 4 competition throughout 2020.

Troupe classes will also be invited to perform at:

Knox Festival – 1st or 2nd of March

Together We Dance – 22nd March

Dancers Unite - 9th May (TBC)

Mid Year Presentation – 27th June (TBC)

Cabaret - 27th June (TBC)

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MOTION TODDLERS

Introducing Toddler Dance for boys and girls! These classes are specifically designed for children between the ages of 2 and 3 which aim to provide your child with their first dance steps in a fun, bright and exciting class. Discover music and movement with your two-year-old in a fun and relaxed environment. Parents are invited to join in to assist our youngest dancers

MOTION MOVERS

These classes are offered to boys and girls aged 3 +. These classes incorporate elements of creative dance, Ballet and Jazz while focusing on developing essential motor skills and movement patterns. Classes will enchant, stimulate, and challenge your child with a variety of dances styles and specially selected music. Jumps, walks, and basic turns are some of the steps that will be introduced to preschoolers. Fun, age-appropriate music is used.

PRESCHOOL BALLET

These classes are for boys and girls age 3+. This class is designed for those budding ballet dancers and ballerinas who are only interested in the Ballet style! In these classes, children are encouraged to use their imagination and expand their creativity. Within the class basic grounding of ballet and dance technique is introduced including correct posture and the strengthening of different muscle groups.

PRESCHOOL ACRODANCE

Acrobatic Dance is the fusion of classic dance technique and the precision and athleticism of acrobatic elements. These classes are offered to boys and girls aged 3 +. Fun, age-appropriate music is used.

ADULT COMBO CLASS

A class for adults wanting to dance and get fit! This class will incorporate different dance styles including, jazz, ballet, hip hop etc as well as stretch, strengthen and cardio. The styles and content taught will be determined by the attendees based around an agreed interest area. Come along for a free trial class!