

2019 Provisional Timetable

ion	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
MONDAY				9:30-10:15am Motion Movers (T) 10:30-11:15am Preschool Ballet (T) 11:30-12:15pm Acro Dance (T)
	4:30-5:30pm Jazz 1 (M) 5:30-6:30pm Senior Hip Hop (M)	4:30 -5:30pm Tap 2 (D) 5:30-6:30pm Jazz 2 (D)	4:30-5:30pm Classical 3 Ballet (O) 5:30-6:30pm Bronze Star Ballet (O)	
	6:30-8:00pm Acro 3 (O) 8:30-9:30pm Contemporary 3 (O)	6:30-7:30pm Music Theatre 3 (M) 7:30-8:30pm Tap 4 (D)	6:30-7:30pm Tap 3 (D) 7:30-8:30pm Lyrical 2 (M)	
TUESDAY				9:45-10:15am Motion Toddlers (T) 10:30-11:15am Motion Movers (T) 11:30-12:15 Preschool Ballet (T)
	4:30-5:30pm Hip Hop 1 (D)	4:30-5:30pm Ballet 1 (T) 5:30-6:30pm Contemporary 1 (D) 6:30-7:30pm Performance Class (D)	4:30-5:30pm Lyrical 1 (C) 5:30-6:30pm Tap 1 (C) 6:30-7:30pm Tap 2 and 3 (C)	
WEDNESDAY	4:30 -5:30pm Jazz 3 (M) 5:30-6:30pm Jazz 4 (M)	4:30-5:30pm Hip Hop 2 (D) 5:30-6:30pm Music Theatre 1 & 2(D)	4:30-5:30pm Silver Star Ballet (O) 5:30-6:30pm Pointe (O)	
	6:30-7:30pm Senior Ballet (O) 7:30-8:30pm Lyrical/ Contemporary Troupe (O)	6:30pm -7:30pm Lyrical 2 (D) 7:30-8:30pm Senior Jazz Troupe (D)	6:30-7:30pm Contemporary 2 (M)	
THURSDAY				9:30-10:15am Acro Dance (T) 10:30-11:00am Motion Toddlers (T) 11:15-12:00pm Preschool Ballet (T)
	4:30-5:30pm Acro 1 (O) 5:30-6:30pm Hip Hop 1 & 2 (C) 6:30-7:30pm Acro 2 (O) 7:30-8:30pm Adult Dance (Ballet & Jazz) (O)		4:30-5:30pm Song and Dance (C) 5:30-6:30pm Bronze Medal Ballet (O) 6:30-7:30pm Jazz 2 & 3 (C)	
SATURDAY	9:00-10:00am Irish 2 (T) 10:00-11:00am Irish 1 (T) 11:00-12:00pm Acro 1 (O) 12:00-1:00pm Bronze Ballet (O) 1:00-2:00pm Gold Medal Ballet (O)	9:00-10:00am Silver Star Ballet (O) 10:00-11:00am Classical Ballet 1 (O) 11:00-12noon Song and Dance (E) 12:00-2:00pm Competition Irish (T) 12:00-2:00pm Competition Irish (T)	9:00-10:00am Jazz 1 (E) 10:00-11:00am Classical Ballet 3 (E) 11:00-12pm Tap 1 (5 years +) (C) 12:00-1:00pm Lyrical 3 (E)	9:00-9:45am Preschool Ballet (C) 10:00-10:45am Motion Movers (C) 11:15-12pm Preschool Acro Dance (T)

T- Tracy Coutts
O - Olivia Thomas
D - Danni Cumming
M - Meg Goodes
C- Chelsea Hyde
E - Ellie Foster

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CLASSICAL BALLET (ATOD Syllabus)

Classical Ballet classes boast 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 note that students must attend 2 Ballet classes per week to be eligible to do exams. Please speak with Miss Olivia or Miss Tracy for class recommendations

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 – 8 Years - 11 Years

Jazz 3 – 12 years -14 years

Jazz 4 - 15 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 – 9 Years

Hip Hop 2 – 9 Years - 12 Years

Hip Hop 3 – 12 years +

LYRICAL

This style teaches the body to move as an expressive tool; body/spatial/sensory awareness, structures and alignment, stage presence and gesture.

Lyrical 1 – Prep – 9 Years

Lyrical 2 – 10 Years - 14 Years

Lyrical 3 – 15 years +

CONTEMPORARY

Contemporary is a very unique style and allows dancers freedom of movement. A great class to compliment exam students! Get ready to enjoy some turns, leaps, floor work and stretching.

Contemporary 1 – Prep – 9 Years

Contemporary 2 – 10 Years - 14 Years

Contemporary– 15 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 Teacher's of Dance (ATOD)

MUSIC THEATRE JAZZ

A fun class for all ages! 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.

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Music Theatre 1 – 7-13 years

Music Theatre 2 – 14 years +

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.

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.

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!

NEW FOR 2019!

ALL AGES PERFORMANCE CLASS

This class is designed for student wishing to be involved in performance opportunities throughout the year. Students will learn 2-3 routines that will be perfected and performed at the various events over the year including, Dance Aid, Cabaret, Mid Year and any other charity events we are involved in. They will also be asked to perform at only local school fetes and fairs.

Students do not need to commit to every event but the majority. I understand that families are busy.

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