



2023 TIMETABLE

SubSenior : Grade 7 - Grade 9

MONDAY

3:45PM	Ballet 1
4:30PM	Contemporary^
5:15PM	Ballet 2
5:30PM	Musical Theatre*
6:00PM	Acro
6:45PM	Aerial

Ballet - foundation ballet techniques using the ATOD syllabus perfect for the aspiring ballerina

Pre-Pointe^ - as a compliment to ballet perfect for the aspiring ballerina focusing on strength and stability required for future pointe work

Pointe# - as an extension of ballet Pointe class is for perfect for the aspiring ballerina focusing on strength and stability required for pointe work. Students must undergo a pointe assessment by a physiotherapist only after being invited by their ballet teacher. This class is essential for preparing for higher ballet levels

Jazz - Fun, Uptempo moves and technique using the ATOD syllabus great for the high energy dancer

Acro - Using the Acrobatic Arts syllabus students learn the 5 elements of Acro Dance. Flexibility, Balance, Strength, Tumbling, Limbering and how to incorporate these skills into dance

Contemporary^ - This class is a compliment to ballet. It is an interpretive dance that combines various genres

Tap - make music and rhythms with your feet using the ATOD syllabus.

Lyrical - A combination of Ballet and Jazz techniques inspiring emotional dance

Hiphop - urban style grooves that are heaps of fun and a little less technical. Using the ATOD and lil Groovers syllabus

Musical Theatre - Dance, acting, singing. Learn various techniques of them all in this class.

Rec - Recreational classes are Open classes where students learn combos and techniques without the pressure of Exams

Aerial - as a great compliment to Acro, Aerial uses acro skills to dance in the air on Lyra (hoop) and Silks

TUESDAY

5:00PM	Pointe#
5:45PM	Pre-Pointe^
5:45PM	Tap
6:30PM	Jazz
7:45PM	Hiphop

WEDNESDAY

3:45PM	Jazz - Rec
4:30PM	Lyrical
5:15PM	Heels

Class fees after Introductory Experience:

Individual SubSenior classes \$16.00 per class - 45min class *30min class Annual registration fee \$45.00 upon enrolment

