DANCE
by brooke cassar

2020 STUDIO TIMETABLE – TERM 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pilates Mat 6:45 – 7:30 am	STAFF Pilates Mat 6:45 – 7:30 am				Pilates Mat 7:30 – 8:15 am
Petit Pointers Level 1 8:30 – 9:00 am	Petit Pointers Level 3 8:30 – 9:00 am				Beginner Adult Ballet 8:15 am – 9:15 am
Petit Pointers Level 2 9:15 – 9:45 am					Petit Pointers Level 2 9:30 – 10:00 am
Petit Pointers Level 3 10:00 – 10:30 am					Petit Pointers Level 3 10:15 – 10:45 am
			Petit Pointers Level 3 2:15 - 2:45 pm		Prep Ballet 10:45 – 11:15 am
Prep Ballet 3:30 – 4:00 pm Prep Jazz 4:00 – 4:30 pm	Junior Ballet Level 1 3:30 – 4:15 pm	Junior Ballet Level 2 3:30 – 4:15 pm		Intermediate Ballet Level 1 3:30 – 4:15 pm	Ballet Extension Program 11:30 – 12:45 pm
Intermediate Ballet Level 1 4:30 – 5:15 pm	Junior Jazz Level 1 4:15 – 5:00 pm	Junior Jazz Level 2 4:15 – 5:00 pm	STAFF Pilates Mat 4:15 – 5:00 pm	Intermediate Jazz Level 1 4:15 – 5:00 pm	Junior Acrobatics Skills 1:00 – 1:30 pm Hip Hop 1:30 – 2:00 pm
Junior Level 2 & Intermediate Level 1 Contemporary 5:15 – 6:00 pm	Intermediate Ballet Level 2 Technique 5:00 – 5:45 pm	DanceFit Middle & Senior School 5:00 – 5:45 pm		Intermediate Jazz Level 2 5:00 – 5:45 pm	Intermediate Acrobatics Skills 2:00 – 2:30 pm Hip Hop 2:30 – 3:00 pm
Senior Ballet Level 1 6:00 – 7:00 pm	Intermediate Contemporary Level 2 5:45 – 6:30 pm	Stretch & Limber Dance Conditioning 5:45 – 6:30 pm	Pilates Mat 6:30 – 7:15 pm	Senior Contemporary Level 1 5:45 – 6:45 pm	Senior Acrobatics Skills 3:00 – 3:30 pm Hip Hop 3:30 – 4:00 pm
	Adult Ballet 7:00 – 8:00 pm	Senior Ballet Level 1 6:30 – 7:30 pm	Adult Wellbeing Stretch, Roll & Release 7:15 – 8:15 pm	Senior Jazz Level 1 6:45 – 7:45 pm	

Classes and times subject to change - Contact us to secure your spot! - Ph: 0466 847 205

CLASS GUIDE

Petit Pointers Level 1: 1 – 2 years
Petit Pointers Level 2: 2 – 3 years
Petit Pointers Level 3: 4 – 5 years

Prep Ballet & Prep Jazz: if your child is in Prep in 2020.

Junior Level 1: if your child is in Yr 1 in 2020.

Junior Level 2: if your child is in Yr 2 in 2020.

Intermediate Level 1: if your child is in Yr 3 and 4 in 2020 (at this level, students are recommended to take two ballet lessons).

Intermediate Level 2: if your child is in Yr 5 and 6 in 2020 (at this level, students are recommended to take two ballet lessons). The Intermediate Level 2 ballet class is also offered as a technique class for contemporary and jazz students. Due to limitations in studio availability on a Thursday afternoon this term, the second class will be introduced/offered from Term 2 2020.

Senior Level 1: if your child is in Yr 7, 8, 9 + (at this level, students are recommended to take two ballet lessons).

Stretch & Limber Dance Conditioning: offered to all students from Yr 5 upwards. This specialized program is very beneficial for any dance student to improve mind and body connection, flexibility, coordination and learn safe stretching techniques that can be done at home to compliment the work they do in class. Highly recommended.

DanceFit: offered to students from Yr 6 – Yr 12 at school. Our signature DanceFit class is a fun, fast-paced 45 minute student fitness workout. Incorporating simple dance moves, strength and stretch with the aim to improve cardio-vascular fitness and confidence. No dance experience required.