

KEY: Pre-School Classes

	STUDIO 1		STUDIO 2	
MONDAY	9:20 – 9:50am 9:55 – 10:25am 10:30 – 11:30am 11:35 – 12:05pm	Mini and Me (16 months - 3 years with carer) READY SET BALLET (2 – 5 years) READY SET DANCE - Jazz, Tap, Hip Hop, Singing (2 – 5 years) Mini Moverz: Dance Play and Tumble (18 months – 5 years) <i>*Children under 3 with carer</i>		
	4:00 – 4:45pm 4:45 – 5:45pm 5:45 – 6:45pm 6:45 – 7:45pm	Primary Classical Ballet (5 – 7 years) Primary Jazz and Tap (5 – 7 years) Inter Classical Ballet and Pre-Pointe (11 years and over) Adult Classical Ballet (18 years and over)		
TUESDAY			3:30 – 4:30pm	Kidz Club - includes school pick up from Emerald Primary School, dancing and games (5 – 12 years)
	4:00 – 4:30pm 4:30 – 5:15pm 5:15 – 6:15pm 6:15 – 7:15pm 7:15 – 8:15pm	READY SET BALLET (2 – 5 years) Pre-Junior Jazz (5 – 7 years) Junior Jazz (8 – 10 years) Sub-Inter Jazz (11 – 13 years) Inter Jazz (14 years and over)	4:00 – 4:30pm 4:30 – 5:15pm 5:15 – 6:15pm 6:15 – 7:15pm	Pre-Junior Hip Hop (5 – 7 years) Junior Hip Hop (8 – 10 years) Sub-Inter Hip Hop (11 – 13 years) Inter Hip Hop (14 years and over)
WEDNESDAY	9:30 – 10:30am 10:35 – 11:05am 11:10 – 11:40am	READY SET DANCE - Jazz, Tap, Hip Hop, Singing (2 – 5 years) READY SET BALLET (2 – 5 years) Mini and Me (16 months - 3 years with carer)		
	4:00 – 4:30pm 4:30 – 5:15pm 5:15 – 6:00pm 6:00 – 7:00pm	Pre-Primary Classical Ballet (3 – 5 years) Pre-Primary Jazz and Tap (3 – 5 years) Junior Classical Ballet (8 - 10 years) Junior Jazz and Tap (8 - 10 years)	4:00 – 8:30pm	Private Lessons and Singstarz Program

	STUDIO 1		STUDIO 2	
THURSDAY	4:00 – 4:45pm	Pre-Junior Contemporary (5 - 7 years)	4:00 – 8:30pm	Private Lessons and Dancestarz Program
	4:45 – 5:30pm	Open Musical Theatre (5 years and over)		
	5:30 – 6:30pm	Junior Contemporary and Lyrical (8 - 10 years)		
	6:30 – 7:00pm	Open Stretch and Technique (8 years and over)		
	7:00 – 8:00pm	Inter Contemporary and Lyrical (11 - 15 years)		
	8:00 – 9:00pm	Adult Ballet and Contemporary (18 years and over)		
FRIDAY	9:20 – 9:50am	Yogastarz: Intro to Yoga (2 – 5 years with carer)		
	9:55 – 10:25am	Mini Moverz: Dance Play and Acro (18 months – 5 years)		
	10:30 – 11:00am	<i>*Children under 3 with carer</i>		
		Mini Dancestarz: Intro to Jazz and Ballet (3 – 5 years)		
	4:15 – 5:00pm	Tiny Acro (3 – 5 years)	4:00 – 4:45pm 4:45 – 5:45pm	Mini Cheerleading (5 - 7 years) Junior Cheerleading (8 years and over)
	5:00 – 5:45pm	Junior Acro (6 - 9 years)		
	5:45 – 6:45pm	Open Acro (10 years and over)		
	6:45 – 8:30pm	Private Lessons and Dancestarz Program		
SATURDAY	9:00 – 2:00pm	Private Lessons and Dancestarz Program Birthday Parties	8:55 – 9:55am	READY SET DANCE - Jazz, Tap, Hip Hop, Singing (2 – 5 years)
	2:00 – 8:00pm		10:00 – 10:30am	READY SET BALLET (2 – 5 years)
			10:35 – 11:05am	Primary Classical Ballet (5 – 8 years)
			11:05 – 11:50am	Primary Jazz and Tap (5 – 8 years)
			11:50 – 12:50pm	Junior Jazz, Tap and Ballet (9 – 12 years)
SUNDAY	10:30am onwards	Birthday Parties and Private Lessons		

**\*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

**READY SET BALLET** (2 to 5 years) A magical ballet experience for budding ballerinas and ballerinos. Our mascot TWIRL will lead your little dancer through each step of the class, as they learn the fundamentals of ballet through props and imagination.

**READY SET DANCE** (2 to 5 years) A combo class of JAZZ, HIP HOP, MUSIC, SINGING and TAP for little groovers who love to jump and jive. Designed for both boys and girls, the program focuses on developing confidence, coordination and creativity.

**ACRO** (3 to 5 years) An acrobatics class designed to boost your child's confidence, as we teach them how to do their upright (and upside down!) dare-devil moves safely. Kids will work on strength, agility, balance and flexibility, in a super fun way!

**LIL' HOPPERZ** (3 to 5 years) Is your little one too cool for school? Then join this fabulous introduction to Hip Hop, for funky kids who love to move and groove.

**MINI DANCESTARZ** (3 to 5 years) The perfect class for kids who like to be sprightly, but who also enjoy a gentler pace. Learn basic Jazz and Ballet technique, along with some fun Dance Play.

**MINI & ME** (16 months to 3 years with carer) The perfect bonding session for a parent (or other 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.

**PRE-PRIMARY CLASSICAL BALLET** (3 to 5 years) Designed for kids who are ready for more of a challenge and to start learning syllabus technique. This class incorporates ballet technique and dance routines.

**PRE-PRIMARY JAZZ & TAP** (3 to 5 years) Just like the movie, this class is sure to get your little penguin moving! Toes will be tapping in this fabulous introduction to basic Jazz and Tap technique.

**TINY CHEERSTARZ** (3 to 5 years) An exciting introduction to Cheerleading with a combination of dance, gymnastics, and pom poms! Little cheerleaders will discover teamwork and confidence in this energetic class

**TWINKLE TOES** (3 to 5 years) A little bit of everything with a sprinkle of fun on top! Incorporating Classical Ballet, Jazz and Tap, this class is perfect for kids who simply LOVE to dance.

**YOGASTARZ** (2 to 5 years with carer) Filled with both spontaneity and structure, this class promotes health and well-being. Learn self-awareness, strength and flexibility for the mind and body, with plenty of giggles in between.

## MAINSTREAM CLASSES

**ACRO** incorporates elements of gymnastics, jazz and contortion. It teaches flexibility, balance, strength, and coordination. In this fun but challenging class, students will learn to do handstands, cartwheels and aerials, chest stands, elbow stands and walkovers.

**BARRE ATTACK PILATES** is a low-impact, hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Barre Attack Pilates delivers a full body workout!

**BRIDAL BALLROOM** lessons are available for anyone who wants to learn a special dance for their big day. Dances are uniquely choreographed to your choice of music.

**CHEERLEADING** involves a combination of dance, gymnastics, team acrobatics, pom-pom motions, chants and cheers, stunting, jumps and kicks! Your child will discover teamwork and confidence in this energetic class.

**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.

**DRAMASTARZ** An awesome introduction into the world of acting. Performance, creativity and important life skills, such as confidence, will all be discovered in this engaging class.

**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.

**KIDZ CLUB** is the perfect after school class for kidz aged from 5 to 12 years who like to move and groove. Includes pick up from Emerald Primary School, dancing, games and a whole lot of fun!

**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.

**POM** is a fun and fast paced style of dance incorporating the use of pom poms. Pom includes visual effects, clean, sharp and precise motions, along with jump sequences, kick lines and dance technical elements.

**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.

**PROGRESSING BALLET TECHNIQUE (PBT)** is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focussing on training the muscle memory required in each exercise in all forms of dance. PBT focuses on core stability, weight placement and alignment.

**SINGSTARZ** is our resident singing program, designed to get you or your child pitch perfect! Lessons can be taken as a private, semi-private, or in a small group.

**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.

**SUPERSTARZ: ALL ABILITIES** is full of fun, fitness and friends for children with additional needs.

**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.

**TUMBLING** is the ideal way to perfect your technique and skills for any of our cheerleading classes. Our tumbling program includes learning all floor tumbling skills, ranging from the basic handstand to back flips.

**PERFORMANCE TROUPES AND SQUADS** are available to students by audition. Performance opportunities involve State and National competitions, Eisteddfods, Festivals, Parades, Corporate and Social Functions.