

Timetable 2020

Studio 1

Studio 2

Studio 3

MONDAY	4.00-4.45 4.45-5.15 5.15-5.45 5.45-6.15	PRE-PRIMARY BALLET JAZZ SUB JUN TAP SUB JUN SONG & DANCE SUB JUN	MONDAY	4.00-5.00 5.00-5.30 5.30-6.30 6.30	GRADE 1 BALLET PBT- GRADE 1-2 GRADE 2 PRIVATE LESSONS	MONDAY	4.00-5.00	BOYS HIP HOP
TUESDAY	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-8.00 8.00-8.30	TAP JUN TAP INTER CONTEMPORARY INTER PBT 3 & 4 PRIVATE LESSONS TAP BEG 13+	TUESDAY	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00 7.00-8.00 8.00-8.30	HIP HOP JUN ACRO ARTS L1 LYRICAL JUN HIP HOP INTER ADV ACRO ARTS L2 13+	TUESDAY	4.00-4.45 4.45-5.30 5.30-6.15 6.15-7.00	
WEDNESDAY	4.00-5.00 5.00-5.45 5.45-6.45 6.45-7.30 7.30-9.15	GRADE 3 & 4 OPEN PBT 5 & 6 GRADE 5 & 6 OPEN PBT INTER INTERMEDIATE	WEDNESDAY	4.00-9.00	PRIVATE STUDIO HIRE	WEDNESDAY	4.00-5.00 5.00-6.00 6.00-7.00 7.00-8.30	
THURSDAY	4.00-5.00 5.00-6.00 6.00-7.00 7.00-8.00 8.00-8.45	OPEN TAP GRADE 4 BALLET GRADE 5 BALLET GRADE 6 BALLET POINT CLASS	THURSDAY	4.00-5.00 5.00-6.00 6.00-7.00 7.00-8.30 8.30-9.00	GRADE 3 BALLET CONTEMPORARY OPEN LYRICAL OPEN BALLET (1.5H) PRIVATE	THURSDAY	4.00-5.00 5.00-6.00 6.00-7.00 7.00-8.30	PRIVATE LESSONS AVAILABLE BY APPOINTMENT
FRIDAY	4.00-5.00 5.00-6.00 6.00-6.30 6.30-7.30	JAZZ JUN BEG CONTEMPORARY JUN STRENGTH & FLEX JAZZ INTER BEG	FRIDAY	4.00-5.00 5.00-5.45 5.45-6.30 6.30-7.30	JAZZ SENIOR HIP HOP SENIOR STRENGTH & Flex ACRO ARTS OPEN	FRIDAY	4.00-5.00 5.00-5.45 5.45-6.30 6.30-7.30	
SATURDAY	9.00-10.00 10.00-11.00 11.00-12.00 12.00-12.30 12.30-1.00 1.00-3.30 3.30-4.00	MINI STARS 3-4 YRS GRADE 1 BALLET GRADE 2 BALLET LUNCH BREAK STRENGTH & FLEX JUNIOR ELITES TEAM TEACHER TRAINING	SATURDAY	9.00-10.00 10.00-11.00 11.00-12.00 12.00-12.30 12.30-1.00 1.00-3.30 3.30-4.15	JAZZ INTER ACRO INTER LYRICAL INTER LUNCH BREAK STRENGTH & FLEX INTER ELITES 13/U MUSICAL THEATRE INTER	SATURDAY	9.00-10.00 10.00-10.30 10.30-11.00 11.00-12.00 12.00-12.30 12.30-1.00 1.00-3.30	PRE-PRIMARY MINI JAZZ 4-5 YRS MINI TAP 4-5 YRS MUSICAL THEATRE JUN LUNCH BREAK STRENGTH & FLEX SEN ELITES TEAM

Age Groups

Minis 2-4 yrs, Sub Junior 5-7 yrs

Junior 8-10 yrs, Inter 10-13 yrs

Senior 13-Open yrs

***Level of ability taken into consideration during assessment of each child.

Depending on the level, standard and social interaction of the child - this will determine the age group/class they will be best suited in.

Class Discriptions-:

Classical Ballet-:

Classical Ballet classes originated in the 16th and 17th century, in the French courts, and were further developed in England, Italy, and Russia as a concert dance form. Early ballet dance performances were presented in large chambers with most of the audience seated on tiers on three sides of the dance floor. Early ballet dancers were not as highly skilled as they are now, as ballet dance has become a highly technical form of dance with its very own French vocabulary. Ballet dance is typically performed to classical music. It is taught to students ranging in age from toddlers to adults. In order to become proficient at ballet dance, one must be extremely dedicated to the art and diligent in regard to practice and rehearsal time. Cecchetti Ballet is a beautiful syllabus that develops and molds the young dancer in detail to the highest standard, with a progressive set level of grade work which compliments and builds the students knowledge and abilities.

Jazz Dance-:

Jazz dancing is a form of dance that showcases a dancer's individual style and originality. Every jazz dancer interprets and executes moves and steps in their own way. This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns. To excel in jazz, dancers need a strong background in ballet, as it encourages grace and balance.

Contemporary Dance-:

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floor work, using gravity to pull them down to the floor. This dance genre is often done in bare feet. Contemporary dance can be performed to many different styles of music.

Lyrical Dance-:

Unlike other forms, it is somewhat difficult to pinpoint the origins of lyrical dancing. The performative mode came out of the entertainment world, where dancers in popular music and also stage performances (such as Cirque du Soleil) began integrating their jazz dance vocabulary with the classical training of ballet. Lyric dance conveys strong emotions, most often love, or the loss of love, though other emotions such as excitement and joy are also used. Story telling etc

Hip Hop Dance-:

Hip-hop developed from several cultures including jazz, rock, tap, and American and Latino cultures. Hip-hop is a very energetic form of dancing. It is unique in that it allows its dancers to perform with freedom of movement, adding in their own personalities. The hip-hop culture is influenced by the following four elements: disc jockeys, graffiti (art), MCs (rappers), and B-boys and B-girls.

Tap Dance-:

Tap dancing is a type of American Theatrical dance which involves percussive footwork. The footwork includes rhythmic patterns and sequences on the floor.

Tap Dancing originates from various different sources and has influences from such dance styles as; the English clog dance, the Irish solo step dance and African dance movements.

Musical Theatre-:

Musical Theatre is a form of theatrical performance that combines songs, spoken dialogue, acting, and dance. The story and emotional content of a musical – humor, pathos, love, anger – are communicated through the words, music, movement and technical aspects of the entertainment as an integrated whole. Although musical theatre overlaps with other theatrical forms like opera and dance, it may be distinguished by the equal importance given to the music as compared with the dialogue, movement and other elements. Since the early 20th century, musical theatre stage works have generally been called, simply, musicals.

Acrobatics-:

Acro dance is a form that includes acrobatic movements. The gymnastic technique that acrobatic dancers can incorporate into a dance routine includes handstands, cartwheels, and handsprings. While acrobatics or gymnastics are not forms of dance, they can become dance techniques if the dancer adds rhythm in time to the music with true dance steps.

Mini stars-:

Mini stars dance is the introduction to ballet jazz and tap styles. Class programs are set to introduce technique at a level this age can understand, many props are used throughout the classes to encourage imagination and develop basic ballet jazz and tap skills.



Timetable 2020



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