

2023 DROP IN/CASUAL CLASSES FOR ADULTS

Our adult classes provide a fun, relaxed atmosphere with friendly teachers and studios with heating & cooling!

All standards are welcome to our day, night and weekend classes!

We recommend booking your class in advance to confirm your place

FUN!

FITNESS!

FRIENDLY ATMOSPHERE!

<u>TIME</u>	<u>CLASS</u>	<u>STANDARD</u>	<u>TEACHER</u>	<u>COMMENCING</u>
<u>MONDAYS</u>				
11.30am-1pm	Lyrical	Advanced	Manni Carella/Sophie Wright (Alt)	30/01/23
11.30am-12.30pm	Lyrical	Beginner/Inter	Sophie Wright/Roxane Soyard (Alt)	30/01/23
1.30pm-3pm	Commercial Jazz/ Broadway Jazz	Advanced	Manni Carella/ Paula Williams (Alt)	30/01/23
1.30pm-2.30pm	Broadway Jazz/ Commercial Jazz	Beginner/Inter	Paula Williams/ Roxane Soyard (Alt)	30/01/23
6pm-7pm	Ballet	Beginner	Sophie Wright	09/01/23
7pm-8pm	Jazz	Beginner	Paula Williams	09/01/23
8pm-9pm	Hip Hop	Beginner	Paula Williams	09/01/23
<u>TUESDAYS</u>				
11.30am-12.30pm	Jazz	Beginner/Inter	Laura Parra Sanchez	31/01/23
11.30am-1pm	Ballet Level 5	Inter/Advanced	Cloe Legrand	31/01/23
1.30pm-2.30pm	Ballet	Beginner	Sophie Wright	31/01/23
1.30pm-3pm	Jazz	Advanced	Cloe Legrand	31/01/23
6pm-7pm	Ballet	Intermediate	Sophie Wright	31/01/23
7pm-8.30pm	Jazz	Inter/Advanced	Manni Carella	17/01/23
<u>WEDNESDAYS</u>				
10.30am-11.30am	Contemporary	Beginner/Inter	Cloe Legrand	01/02/23
10.30am-12pm	Contemporary	Advanced	Mark Cipollone	01/02/23
12.30pm-1.30pm	Jazz	Beginner/Inter	Cloe Legrand	01/02/23
12.30pm-2pm	Jazz	Advanced	Mark Cipollone	01/02/23
6.30pm-7.30pm	Tap Level 1	Beginner/Inter	Paula Williams	11/01/23
7.30pm-8.30pm	Jazz	Beginner/Inter	Paula Williams	11/01/23
<u>THURSDAYS</u>				
10.30am-11.30am	Acrobats	Inter/Advanced	Cloe Legrand	02/02/23
10.30am-11.30am	Tap	Beginner	Paula Williams	02/02/23
11.30am-12.30pm	Jazz Level 2	Beginner/Inter	Cloe Legrand	02/02/23
11.30am-12.30pm	Jazz Level 6	Advanced	Paula Williams	02/02/23
1pm-2pm	Tap Level 1	Beginner	Cloe Legrand	02/02/23
1pm-2pm	Tap Level 5	Inter/Advanced	Paula Williams	02/02/23
2pm-3pm	Ballet Level 1	Beginner	Sophie Wright	02/02/23
6.30-7.30pm	Ballet Level 1	Beginner	Sophie Wright	02/02/23
7.30-8.30pm	Jazz Level 1	Beginner	Sophie Wright	02/02/23
<u>SATURDAYS</u>				
10am-11am	Ballet	Beginner/Inter	Sophie Wright	04/02/23
11am-12pm	Lyrical	Beginner/Inter	Sophie Wright	04/02/23
12pm-1pm	Jazz	Beginner/Inter	Paula Williams	04/02/23
1pm-2pm	Jazz Performance	All Standards	Paula Williams	04/02/23
2pm-3pm	Hip Hop Performance	All Standards	Paula Williams	04/02/23

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PERFORMANCE CLASSES

Learn choreographed routines each week to present to your family and friends in a friendly and relaxed environment at the end of term performance. These classes must be paid by the term and you must start these classes in the first three weeks of the commencement date. New Performance Classes commence Saturday 4th February.

The performance will be on April 2nd at Dance Factory. **Ask at reception for more information**

BEGINNER CLASSES

These classes are specifically designed to ***BE FUN!!!** And:

*Increase fitness

*Tone Muscles

*Increase joint mobility

*Improve body coordination

*Alleviate back stress by strengthening abdominal control

Allow yourself 4 weeks to feel comfortable and adjust to the pace of a new class. Stop when you feel like it. Stop when it hurts. Allow yourself to make mistakes. Please let the teachers know if you have any injuries so as they can advise you accordingly. Remember, if the class is easy and you can do everything, you should probably be in a harder class.

Our teachers are trained to make you feel comfortable and enjoy your class so come along and give it a go!

TRANSPORT

Closest Train Station: East Richmond (2 min walk), Richmond (10 min walk), Burnley (5 min walk)

Trams: #70 from Flinders St, City along Swan St

#78 & 79 along Church St

PARKING

Street parking available along Swan St. & side streets (2 hours) & Mary St (4 hours)

Public Car Parks

140-160 Swan St (Behind Coles)

Charlotte St (Behind Richmond Library)

Docker St (Behind Swan St)

PRIVATE LESSONS

Available in Jazz, Tap, Ballet, Hip Hop, Acrobatics, Singing, Drama, Contemporary and more. Perfect for technique, competitions and weddings etc.

½ hour

\$90

1 hour

\$140.

NB We require 48 hours' notice for cancellation of a private lesson. Payment is non-refundable and you will be required to re-schedule within 6 days.

ALSO AVAILABLE – Please ask at reception for brochures on the following;

- **SHORT COURSES FOR ADULTS** 1-20 classes per week for 9 weeks
Choose from our day, night and Saturday classes. 1st Term commences 30th January
- **FULL TIME & PART TIME COURSES** in Dance, Dance Teaching & Musical Theatre. Accredited courses. Government funding available! (CRICOS registered for International students) NOW TAKING ENROLMENTS FOR 1st TERM 2023
- **VET DANCE** For years 10, 11 & 12 NOW TAKING ENROLMENTS FOR 2023
- **JUNIOR & TEENAGE CLASSES** – 1st Term commences 30th January

