

DROP IN/CASUAL CLASSES FOR ADULTS FROM 3rd APRIL 2023

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

FUN!

FITNESS!

FRIENDLY ATMOSPHERE!

We recommend booking your class in advance to confirm your place

<u>TIME</u>	<u>CLASS</u>	<u>STANDARD</u>	<u>TEACHER</u>	<u>COMMENCING</u>
<u>MONDAYS</u>				
10.30am-11.30am	Ballet	Beginner	Sophie Wright	01/05/23
11.30am-1pm	Lyrical	Advanced	Manni Carella/ Laura Parra Sanchez (Alt)	01/05/23
11.30am-12.30pm	Lyrical	Beginner/Inter	Roxane Soyard	01/05/23
1.30pm-3pm	Commercial Jazz	Advanced	Manni Carella/ Laura Parra Sanchez (Alt)	01/05/23
1.30pm-2.30pm	Commercial Jazz	Beginner/Inter	Roxane Soyard	01/05/23
6pm-7pm	Tap	Beginner	Dulcie Lee	03/04/23
7pm-8pm	Jazz	Beginner	Katelyn Refalo	03/04/23
8pm-9pm	Hip Hop	Beginner	Katelyn Refalo	03/04/23
<u>TUESDAYS</u>				
11.30am-12.30pm	Jazz	Beginner/Inter	Laura Parra Sanchez	02/05/23
11.30am-1pm	Jazz	Advanced	Cloee Legrand	02/05/23
1.30pm-3pm	Ballet Technique	Inter/Advanced	Cloee Legrand	02/05/23
1.30pm-2.30pm	Ballet Technique	Beginner	Sophie Wright	02/05/23
6pm-7pm	Ballet	Intermediate	Sophie Wright	04/04/23
7pm-8.30pm	Jazz	Inter/Advanced	Manni Carella	04/04/23
<u>WEDNESDAYS</u>				
10.30am-11.30am	Contemporary	Beginner/Inter	Cloee Legrand	26/04/23
10.30am-12pm	Contemporary	Advanced	Mark Cipollone	26/04/23
12.30pm-1.30pm	Broadway Jazz	Beginner/Inter	Cloee Legrand	26/04/23
12.30pm-2pm	Broadway Jazz	Advanced	Mark Cipollone	26/04/23
6.30pm-7.30pm	Tap	Intermediate	Dulcie Lee	05/04/23
7.30pm-8.30pm	Jazz	Intermediate	Dulcie Lee	05/04/23
<u>THURSDAYS</u>				
10.30am-11.30am	Tap	Beginner	Cloee Legrand	27/04/23
11.30am-12.30pm	Jazz Technique	Advanced	Vicki Lee	27/04/23
11.30am-12.30pm	Jazz Technique	Beginner/Inter	Cloee Legrand	27/04/23
1pm-2pm	Tap Technique	Intermediate	Dulcie Lee	27/04/23
1pm-2pm	Tap Technique	Beginner	Cloee Legrand	27/04/23
2pm-3pm	Acrobats	All Standards	Cloee Legrand	27/04/23
6.30-7.30pm	Ballet	Beginner	Sophie Wright	27/04/23
7.30-8.30pm	Jazz	Beginner	Sophie Wright	27/04/23
<u>SATURDAYS</u>				
10am-11am	Ballet	Beginner	Sophie Wright	29/04/23
11am-12pm	Lyrical	Beginner	Sophie Wright	29/04/23
12pm-1pm	Jazz	Beginner	Claire Maurer	29/04/23
1pm-2pm	Hip Hop	Beginner	Claire Maurer	29/04/23
2pm-3pm	Performance	All Standards	Claire Maurer	29/04/23

INTRODUCING NEW TECHNIQUE CLASSES IN JAZZ, BALLET AND TAP

These are progressive classes that run for 1 term.

The classes build on the same exercises and dance each week and are designed to teach technique, co-ordination, flexibility, balance, will improve memory and help gain confidence through repetition.

Each term the classes will increase to the next level.

Technique classes can still be joined this term & new Technique classes commence 26 April 2023

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

\$95

1 hour

\$150.

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 8 weeks
Choose from our day, night and Saturday classes. 2nd Term commences 26th April
- **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 2nd TERM 2023
- **VET DANCE** For years 10, 11 & 12 STILL TAKING ENROLMENTS FOR 2023
- **JUNIOR & TEENAGE CLASSES** – 2nd Term commences Wednesday 26th April

