

DANCE POWER

2018 CLASS TIMETABLE

HAMLYN TERRACE

Hamlyn Terrace Community Centre
80 Minnesota Rd, Hamlyn Terrace 2259

TUESDAY	TIME	CLASS	AGE GROUP	TEACHER
	2.30 – 3.00	Mini Groover's - TUTU'S & TIARA'S	2 – 5 years	Jessica Issa
	3.00 – 3.30	Mini Groover's - LET'S DANCE	2 – 5 years	Jessica Issa
	3.30 – 4.00	Jazz Technique	9 – 12 years	Jessica Issa
	4.00 – 4.30	Jazz Dance	9 – 12 years	Jessica Issa
	4.30 – 5.00	Lyrical	9 – 12 years	Jessica Issa
	5.00 – 5.30	Hip Hop	9 – 12 years	Jessica Issa

THURSDAY	TIME	CLASS	AGE GROUP	TEACHER
	3.30 – 4.00	Jazz Technique	5 – 9 years	Milla Jamieson
	4.00 – 4.30	Jazz Dance	5 – 9 years	Milla Jamieson
	4.30 – 5.00	Lyrical	5 – 9 years	Milla Jamieson
	5.00 – 5.30	Hip Hop	5 – 9 years	Milla Jamieson

CLASS DESCRIPTIONS	
Mini Groover's - TUTU'S & TIARA'S	A ballet class where young children can build their confidence, make friends, learn manners, discipline and respect while developing their basic ballet technique, coordination, musicality, balance and posture.
Mini Groover's - LET'S DANCE	A variety class that includes jazz, singing, tap, music and a whole lot of fun! Fundamental dance foundations such as technique, gross motor skills and rhythm are taught in a fun and creative way, all whilst building self-esteem and social skills.
Jazz Technique	Learn basic and intermediate jazz moves such as kicks, turns, leaps and jumps. Students will learn fun ways to increase their flexibility and coordination, as well as strengthen their legs, feet and core.
Jazz Dance	An exciting and ever-evolving dance class full of rhythm, passion and life. Jazz dance is a fun and popular energetic style of class that involves a routine performed to upbeat modern music.
Lyrical	Lyrical dance is a fusion of Ballet with Jazz/Contemporary dance techniques. It is a style of dance that is soft and expressive with lovely bodylines. Learning lyrical helps students develop core stability, strength, control, coordination and correct body alignment.
Hip Hop	Hip Hop is a high-energy style that encompasses movement that has elements of poppin', locking, breaking and freestyle movement. A popular style of dance guaranteed to give students the opportunity to develop their own style.