

# DANCE POWER

## 2018 CLASS TIMETABLE

### HAMLYN TERRACE

Hamlyn Terrace Community Centre  
80 Minnesota Rd, Hamlyn Terrace 2259

THURSDAY	TIME	CLASS	AGE GROUP	TEACHER
	3.00 – 3.30	Mini Groover's - LET'S DANCE	2 – 5 years	Milla Jamieson
	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
	5.30 – 6.00	Hip Hop	9 – 12 years	Milla Jamieson
	6.00 – 6.30	Lyrical	9 – 12 years	Milla Jamieson

CLASS DESCRIPTIONS	
<b>Mini Groover's – LET'S DANCE</b>	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.
<b>Jazz Technique</b>	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.
<b>Jazz Dance</b>	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.
<b>Lyrical</b>	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.
<b>Hip Hop</b>	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.