

## CLASS DESCRIPTIONS

### Mummy & Me

30 min class designed for children aged 18 months to 3 years. Combines creative movement, dance and play, using music, dance steps, fun props and toys to stimulate movement. Storytelling and sing-alongs will also be included. Mums and/or Dads too will dance, play and assist their children, interacting along with the other children and parents. A fun way to be a part of your child's early years of motor skill development through the joy of dancing. A great way to meet new friends as well!

### Preschool

45 min class designed for children aged 3 and 4. This is the next step up from Mummy & Me, children participate on their own without Mum or Dad. Building on the skills learnt in Mummy & Me it combines the foundations of ballet, jazz and tap while still using storytelling and sing-alongs to encourage creativity. This is a great class to promote independence and build confidence through movement.

### Tinies

60 min to 90 min classes designed for children aged 5 to 7. The 90 min class combines jazz, tap and ballet. This class starts to focus on the technique of dance and children have the option to sit for C.S.T.D exams. The 60 min class combines singing and drama which is a great introduction into musical theatre.

### Jazz

60 min classes designed for ages 8 to 12. Students will learn turns, kicks, and leap steps along with popular simple rhythm techniques, stretching and fun expression. We use fun, popular and age appropriate music. Students are given the opportunity to sit exams through C.S.T.D.

### Tap

60 min classes designed for ages 8 to 12. Tap classes are the quickest way to develop coordination and rhythmic ability. Tap is highly recommended for all dancers who desire to have a well-rounded base of knowledge! Students are given the opportunity to sit exams through C.S.T.D.

### Ballet

60 min class designed for ages 8 to 12. Classical ballet provides a great foundation for all other dance styles and is the ultimate when it comes to the control of your body. It helps to improve posture, muscle tone, flexibility and core strength. Each class starts with exercises at the barre and then will progress to the centre. Students are given the opportunity to sit for exams through C.S.T.D.

### Contemporary

60 min class designed for ages 8 to 12. It combines modern technique with a free form of movement and theme. It is filled with very technical dance moves that are very visual and fun to perform and watch. It is an ever-changing style of dance that continues to evolve and keeps us wanting more. Students are given the opportunity to sit for exams through C.S.T.D.

### Hip Hop

60 min class designed for ages 8 to 12. One of the most popular and familiar forms of stylised dance. Television and movies utilise the free, rhythmic and fun tones of hip hop dance. In these classes we teach stylised technique along with popular hip hop moves. It also gives the dancer knowledge in coordination, physical strength and promotes self-confidence.

### Breakdance

60 min class designed for ages 8 to 12. Coordination, style, flexibility, and rhythm are the keys to successful breakdancing. It is one of the most improvisational dance styles, allowing for each dancer to customise his or her routine with athleticism and imagination. However, since many dancers have created moves that borrow from gymnastics and martial arts, you develop a lot of upper body strength.

### Musical Theatre

60 min class designed for ages 8 to 12. Very fun and popular for the dancer who loves to be on stage. We use Broadway themed songs along with plays and concepts as you see on Broadway or local theatres. Jazz technique, stylization, expression is also taught in this class which enhances their dance education and future theatre opportunities. Students are given the opportunity to sit for exams through C.S.T.D.

### Acrobatics

60 min class designed for ages 8 to 12. It combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. It is a popular dance style and an especially challenging dance style for dancers as it requires them to be trained in both dance and acrobatic skills.

### Adult Classes

60 min classes designed for beginner to advanced grown-ups! There are classes in jazz, tap, stretching and musical theatre. These classes are great for adults who have never danced before or haven't put on their dancing shoes for a few years. It won't be long and you will be burning up the dance floor!



**WESTSIDE**  
DANCE YMCA

**CLASS  
TIMETABLE**

**IGNITING CREATIVITY  
THROUGH MOVEMENT**

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# CLASS TIMETABLE

<b>Monday</b>	Studio 1			Tinies - Ballet/Jazz/Tap 3.30pm-5.00pm	Private Lesson Time 5.00pm-5.30pm	
	Studio 2	Mummy & Me 9.00am-9.30am	Preschool 9.30am-10.15am	8 & under Jazz 3.30pm-4.30pm	8 & under Tap 4.30pm-5.30pm	Adult Tap 5.30pm-6.30pm

<b>Tuesday</b>	Studio 1		Adult Jazz 11.30am-12.30pm	Tinies - Singing/Drama/Acro 3.30pm-4.30pm	10 & under Jazz 4.30pm-5.30pm	
	Studio 2	Adult Stretch 10.30am-11.30am		10 & under Tap 3.30pm-4.30pm	Private Lesson Time 4.30pm-5.30pm	10 & under Hip Hop 5.30pm-6.30pm

<b>Wednesday</b>	Studio 1		Preschool 11.30am-12.15pm	8 & under Ballet 3.30pm-4.30pm	12 & under Hip Hop 4.30pm-5.30pm	
	Studio 2			12 & under Ballet 3.30pm-4.30pm	Private Lesson Time 4.30pm-5.30pm	12 & under Breakdance 5.30pm-6.30pm

<b>Thursday</b>	Studio 1		Adult Tap 11.30am-12.30pm	12 & under Jazz 3.30pm-4.30pm	12 & under Contemporary 4.30pm-5.30pm	
	Studio 2	Adult Musical Theatre 10.30am-11.30am		Private Lesson Time 3.30pm-4.30pm	Private Lesson Time 4.30pm-5.30pm	12 & under Tap 5.30pm-6.30pm

<b>Friday</b>	Studio 1			Tinies - Singing/Drama/Acro 3.30pm-4.30pm	10 & under Jazz 4.30pm-5.30pm	
	Studio 2	Mummy & Me 9.00am-9.30am	Preschool 9.30am-10.15am	10 & under Musical Theatre 3.30pm-4.30pm	Private Lesson Time 4.30pm-5.30pm	12 & under Dance Acrobatics 6.30pm-7.30pm

<b>Saturday</b>	Studio 1			Tinies - Ballet/Jazz/Tap 11.15am-12.45pm	12 & under Musical Theatre 12.45pm-1.45pm	Adult Tap 1.45pm-2.45pm
	Studio 2	Mummy & Me 9.30am-10.00am	Preschool 10.00am-10.45am	Private Lesson Time 10.45am-11.45am	Private Lesson Time 11.45am-12.15pm	

<b>Age guidelines</b>	born 2014 and later	born 2010 & 2011	born 2006 & 2007
	born 2012 & 2013	born 2008 & 2009	born 2004 & 2005