

# MOSMAN 2010 DANCE FIRST ACADEMY TIMETABLE

Dance First Academy operates within Fitness First Health Clubs and offers the students fantastic facilities, a range of different dance styles and professional staff. The dance schools offer classes for 3yrs to adults in styles ranging from Baby Ballet to R.A.D Ballet Examinations and Funk to Breakdancing with some locations offering a full Performing Arts program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30am</b> Studio 2	<b>Baby Just Dance</b> (Ballet/Jazz/Tap) 1hr. 3-5yrs	<b>Move + Groove</b> 45mins. 3-5yrs	<b>Baby Ballet</b> 45mins. 3-5yrs	<b>Move + Groove</b> 45mins. 3-5yrs	<b>Baby Just Dance</b> (Ballet/Jazz/Tap) 1hr. 3-5yrs	
<b>9:45am</b> Studio 2						<b>Baby Ballet</b> 45mins. 3-5yrs
<b>10:30am</b> Studio 2		<b>Baby Ballet</b> 45mins. 3-5yrs	<b>Move + Groove</b> 45mins. 3-5yrs	<b>Baby Ballet</b> 45mins. 3-5yrs		<b>Just Dance</b> (Ballet/Jazz/Tap) 1hr. 5yrs+
<b>11:30am</b> Studio1						<b>RAD Ballet Grade 3</b> 1 hr. 8-9yrs
<b>3:45pm</b> Studio 1	<b>Street Jazz</b> 50mins. 7-9yrs	<b>Street Jazz</b> 50mins. 8-10yrs	<b>Jazz Technique, Stretch &amp; Strength</b> 50mins. 10yrs/under	<b>Junior Acrobatics</b> 50mins. 7-11yrs	<b>Street Jazz</b> 50mins. 11-13yrs	
<b>3:45pm</b> Studio 2	<b>Street Jazz</b> 50mins. 5-6yrs	<b>Street Jazz</b> 50mins. 5-7yrs	<b>RAD Ballet Grade 2</b> 50mins. 7-8yrs	<b>RAD Ballet Grade 1</b> 50mins. 6-7yrs	<b>RAD Ballet Grade 4</b> 50mins. 9-10yrs	
<b>3:45pm</b> Studio 3	<b>RAD Ballet Grade 3</b> 50mins. 8-9yrs	<b>RAD Ballet Pre Primary</b> 50mins. 4-5yrs	<b>RAD Ballet Primary</b> 50mins. 5-6yrs	<b>Glenn Wood Tap Grades 1 &amp; 2.</b> 50mins. Approx 7-10yrs		
<b>4:35pm</b> Studio 1	<b>Senior Contemporary</b> 55mins. 12yrs+	<b>Street Jazz</b> 55mins. 11-13yrs	<b>Jazz Technique, Stretch &amp; Strength</b> 55mins. 12yrs/under	<b>Senior Acrobatics</b> 55mins. 11yrs+	<b>Street Jazz</b> 55mins. 8-10yrs	
<b>4:35pm</b> Studio 2	<b>Junior Hip Hop &amp; Breakdancing</b> 55mins. 7yrs+	<b>Jazz Technique, Stretch &amp; Strength</b> 55mins. 13yrs+	<b>Performance Team 3</b> 55mins. 10yrs/under. Audition Only	<b>Rad Ballet Grade 5</b> 55mins. 10-11yrs	<b>RAD Ballet Intermediate Foundation (majors)</b> 55mins. 11-13yrs	
<b>4:35pm</b> Studio 3	<b>RAD Ballet Grade 2</b> 55mins. 7-8yrs	<b>RAD Ballet Grade 4</b> 55mins. 9-10yrs	<b>RAD Ballet Grade 1</b> 55mins. 6-7yrs	<b>Glenn Wood Tap Grades 3 &amp; 4</b> 55mins. Approx. 10-12yrs		
<b>5:30pm</b> Studio 2	<b>Intermediate- Advanced Street Jazz</b> 1hr. 13yrs+	<b>Performance Team 1</b> 1hr. 13yrs+ Audition Only	<b>Open Ballet Class</b> 1hr. 12/under	<b>Senior Ballet &amp; Pointe</b> 1hr. 13yrs+	<b>Junior Contemporary</b> 1hr. 7-11 yrs	
<b>5:30pm</b> Studio 3	<b>Boys Only Hip Hop &amp; Breakdancing</b> 1hr. 7yrs+	<b>RAD Ballet Intermediate Foundation (majors)</b> 1hr. 11-13yrs	<b>Open Ballet Class</b> 1hr. 10/under	<b>Glenn Wood Tap Grades 5 &amp; 6</b> 1hr. Approx. 13yrs+	<b>RAD Ballet Grade 5</b> 1hr. 10-11yrs	
<b>6:30pm</b> Studio 2	<b>Senior Hip Hop &amp; Breakdancing</b> 1hr. 13yrs+	<b>Senior Ballet &amp; Pointe</b> 90min. 13yrs+	<b>Performance Team 2</b> 1hr. 12yrs/under Audition Only	<b>Junior Performance Contemporary</b> 1hr. 12/under Audition only		
<b>6:30pm</b> Studio 3			<b>Senior Performance Contemporary</b> 1hr. 13+ Audition only	<b>Open Age Singing</b> 1hr.		

Please note that the timetable may change according to demand, and ages are a guideline only.

For more information please contact Dance First on **1300 7 DANCE (1300 732 623)** or email: [mosmandsc@fitnessfirst.com.au](mailto:mosmandsc@fitnessfirst.com.au) or visit [fitnessfirst.com.au/services/dance](http://fitnessfirst.com.au/services/dance)

**Fitness First Mosman, 555 Military Rd, Mosman**

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**Dance First  
Academy**