

# CARLINGFORD 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
<b>9:30am</b> Studio 2	<b>Baby Just Dance</b> (Ballet/Jazz/Tap) 1hr. 3-5yrs	<b>Baby Ballet</b> 45mins 3-5yrs			<b>Baby Just Dance</b> (Ballet/Jazz/Tap) 1hr. 3-5yrs
<b>10:30am</b> Studio 2		<b>Move &amp; Groove</b> 45mins. 3-5yrs			
<b>3:45pm</b> Studio 1	<b>R.A.D BALLET GRADE 3</b> 45mins. 5-6yrs		<b>Street Jazz</b> 50mins. 5-7yrs	<b>Jazz Technique, Stretch &amp; Strength</b> 50mins. 7-12yrs	<b>Junior Hip Hop</b> 50mins 8yrs+
<b>3:45pm</b> Studio 2	<b>R.A.D Ballet Primary</b> 50mins. 5-6yrs	<b>Street Jazz</b> 50mins. 7-10yrs		<b>R.A.D Ballet Pre- Primary</b> 50mins. 4-5yrs	<b>Glenn Wood Tap Grades 1 &amp; 2.</b> 50mins. 7-10 yrs
<b>4:35pm</b> Studio 1			<b>Acrobatics Open Age</b> 55mins	<b>Junior Performance Team</b> 50mins. 12/under audition only.	<b>Boys Hip Hop &amp; Break- dancing</b> 55mins. 7-10yrs
<b>4:35pm</b> Studio 2	<b>Just Dance</b> (Ballet/Jazz/Tap) 55mins. 6yrs+	<b>Contemporary</b> 55mins. 12yrs / under	<b>Rad Ballet Grade 1</b> 55mins. 6-7yrs	<b>Jazz Technique, Stretch &amp; Strength</b> 55mins. 13yrs+	<b>Glenn Wood Tap Grades 3 &amp; 4.</b> 55mins. 10-13 yrs
<b>4:35pm</b> Junior Care Studio				<b>Adults jazz &amp; funk</b> 55mins	
<b>5:30pm</b> Studio 2	<b>Senior Contemporary</b> 1hr. 13yrs+	<b>Street Jazz</b> 1hr. 10-13yrs	<b>Singing Open Age</b> 1hr	<b>Senior Performance Team</b> 1hr. 13yrs+ Audition only	<b>Hip Hop</b> 1hr 12yrs+
<b>5:30pm</b> Junior Care Studio				<b>Junior Performance Team Open Ballet</b> 1hr. 12/under	<b>R.A.D Ballet Grade 4</b> 1hr. 9-10yrs
<b>6:30pm</b> Studio 2	<b>Street Jazz</b> 1hr. 13yrs+			<b>Performance Contemporary</b> 1hr. Open age audition only	<b>R.A.D Ballet Intermediate (majors)</b> 1hr. 13yrs+
<b>6:30pm</b> Junior Care Studio				<b>Street Jazz</b> 1hr. 13yrs+	
<b>7:30pm</b> Studio 2				<b>Senior Performance Team Open Ballet</b> 1hr. 13yrs+	<b>Rad Ballet Intermediate Foundation (majors)</b> 1hr. 13yrs+

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: [carlingforddsc@fitnessfirst.com.au](mailto:carlingforddsc@fitnessfirst.com.au)  
or visit [fitnessfirst.com.au/services/dance](http://fitnessfirst.com.au/services/dance)

**Fitness First Carlingford**, Carlingford Court Shopping Centre,  
Cnr Carlingford/ Pennant Hills Rd, Carlingford

*FitnessFirst*

**Dance First  
Academy**

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