

# MONA VALE 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>9:15am</b> Studio 2	<b>Baby Ballet</b> 45mins. 3-5yrs					
<b>9:30am</b> Studio 2						<b>Ballet Grade 2</b> 1hr. 6-7yrs
<b>9:45am</b> Studio 2				<b>Baby Just Dance</b> (Ballet, Jazz, Tap) 45mins. 3-5yrs		
<b>10:00am</b> Studio 2	<b>Move &amp; Groove</b> 45mins. 3-5yrs					
<b>3:45pm</b> Studio 2	<b>Street Jazz</b> 50mins. 5-7yrs	<b>Junior Hip Hop</b> 50mins. 9-12yrs	<b>Street Jazz</b> 50mins. 7-9yrs	<b>Junior Contemporary</b> 50mins. 7-11yrs		
<b>4:35pm</b> Studio 1	<b>Ballet Grade 1</b> 55mins. 5yrs+	<b>Performance Team</b> 1hr. 14yrs/under Audition Only		<b>Street Jazz</b> 55mins. 11-13yrs		
<b>4:35pm</b> Studio 2	<b>Intermediate Foundation Ballet (Pointe)</b> 55mins.		<b>RAD Ballet Grade 2</b> 55mins. 7-8yrs	<b>Street Funk</b> 55mins. 8-10yrs		
<b>4:35pm</b> Junior Care Studio			<b>Glenn Wood Tap Grades 1 &amp; 2</b> 55mins. Approx. 5-10yrs			
<b>5:30pm</b> Studio 2			<b>Singing Open Age</b> 1hr.	<b>Acrobatics</b> 1hr. Open Age	<b>Boys Hip Hop &amp; Breakdancing</b> 1hr. 7-12yrs	
<b>5:30pm</b> Junior Care Studio	<b>Glenn Wood Tap Grades 3 &amp; 4</b> 1hr. 11yrs+					
<b>6:30pm</b> Studio 2	<b>Street Jazz</b> 1hr. 13yrs+	<b>Open Ballet</b> 1hr. 14yrs/under	<b>Senior Contemporary</b> 1hr. 11yrs+	<b>Senior Hip Hop</b> 1hr. 12yrs+		
<b>6:30pm</b> Junior Care Studio		<b>Stretch, Strength &amp; Technique</b> 1hour. 11-13yrs				

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: [monavaledsc@fitnessfirst.com.au](mailto:monavaledsc@fitnessfirst.com.au)

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

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*Fitness First*

**Dance First Academy**