

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

Fitness First Mosman, 555 Military Rd, Mosman

FitnessFirst

**Dance First
Academy**