

## INDEX

ACRO & TUMBLING	A strength- and flexibility-based style consisting of acrobatic skills and safe progressive technique. Available for ages 5 & up
HIP HOP	A high-energy street-style class focusing on musicality, grooves and commercial choreography. Available from ages 6 & up
CONTEMPORARY	A fluid, expressive style focused on release technique, grounded movement and dynamic flow. Available for ages 13 & up
DANCE TECHNIQUE	A class focused on developing strong foundations in alignment, turns, leaps and overall dance skills. Incorporating jazz, modern and lyrical styles. Available for ages 13 & up
DANCE TECH/ CONTEMP	A fusion class combining technical training with contemporary styles. Available for ages 5-12 years
STRETCH AND STRENGTHEN	A conditioning class focused on improving flexibility, mobility and all-round strength to support safe, confident dancing. ALL AGES
BALLET	A classical style building posture, strength, control and strong technical foundations for all dancers. Available from 6 & up
PRESCHOOL	Fun, imaginative movement classes introducing rhythm, coordination and early dance basics. Combination class of acro and dance.
AVAILABLE PRIVATE LESSONS	One-on-one coaching tailored to each dancer's goals, technique and personal progression. ALL AGES AND ABILITIES

- Ages are based on the 1st of January.
- Acro Levels are based on each dancer's most recent Acro exam.
- Elite/Competition Acro & Dance is an add-on class - To join, dancers must take one Acro class and one Dance class per week.
- Stretch & Strength focuses on building strength and flexibility to support dancers in all their classes.
- Dancers may train in their level, as well as one level above or below, with teacher permission.
- Tumbling is open to all Acro dancers from Level 2 and above.
- We place dancers according to ability, not only age - Dancers should try their age group first and teachers will then guide them to the most suitable class.
- Dancers who would like more opportunities to compete are encouraged to take more than one class per week.
- Private lessons are available on request