

CHIRNSIDE PARK

TEACHERS	MONDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Marika Christine	4.30-5.15pm	Primary Classical Ballet *5x places available	6-7 years	Students focus on the learning and/or development of classical ballet foundations, alongside creative dance, mime, improvisation and use of props and games to retain focus and interest. Suitable for new students or students with one year of prior training.
Marika Christine	5.30-6.45pm	Preparatory Level 1 Classical *1 place available	8-10 years	This is class is for students who have passed the Primary Level exam or who are of a technical standard to succeed at this level. Students may undertake exams if they are attending two classes per week.
Nadia	6.45-8.00pm	Level 2 / Seniors / Adults Technical Barre & Condition	Ages 12+	This supplementary class offers a technical barre focused on building strength, precision in placement and clean technique. Specific Conditioning exercises are also included throughout the class.

TEACHERS	TUESDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Nadia Teresa	4.30-5.45pm	Primary Classical *1 place available	7-9 years	Students work towards detailed refinement of technique, alongside improvisation and creative dance. Recommended for students with at least one year prior dance training. Students may undertake exams if they are attending this class plus National Character class.
Teresa Nadia	5.45-7.00pm	Level 1 Classical *3 places available	10-12 years	Students in this group are stepping up to the true first level of Vaganova Training and two classes per week is the minimum recommended for safe dance practice. Recommended for students with 3-5 years of prior training.
Nadia	7.00-8.30pm	Adults Elementary Open Classical Ballet	Open Age	This class is suitable for students with 6-12 months prior experience or those returning from a break. 16-18yo students are also welcome to attend this class.

TEACHERS	WEDNESDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Catherine Christine	4.30-5.15pm	Pre-Primary Classical *Wait List Only	5-7 years	Suitable for new students or students with one year of prior training. Students focus on the learning and/or development of classical ballet foundations, alongside creative dance, mime, improvisation and use of props and games to retain focus and interest.
Catherine	5.15-6.30pm	Level 2 Classical *3 places available	12-14 years	Students in this group progress to the second level of Vaganova Training and three classes per week is the minimum recommended for safe dance practice. Recommended for students with 3-5 years of prior training.
Catherine	6.30-7.00pm	Pre-Pointe Class	Open Age	This class is for students wishing to work towards pointe work and/or strengthen their feet, ankles, and calves. Open to all ages and abilities.
Catherine	7.00-8.30pm	Seniors / Adults Intermediate Open Classical	Open Age	Intermediate Level Barre and Centre

TEACHERS	THURSDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Marika Teresa	5.00-6.15pm (Juniors)	National Character Dance and Body Conditioning	Various	One half of this class is dedicated to classical body conditioning (strength and mobility/flexibility work). The other half of the class comprises National Character Dance.
	5.00-6.30pm (Intermediates)	Combined Levels - Primary - Preparatory Level 1 - Level 1 Students - Level 2 Students		National Character dance is fun and high energy, designed to enhance performance, technique, and mindset. Suitable for students from 8 years of age and recommended for students with at least one year prior dance training. Please note any student wishing to undertake examinations must study at least one full year of character dance.
Marika Nadia	6.45-8.00pm	Adult Beginners Open Class	Open Age	This class is suitable for adults who are new to ballet or with minimal experience. Class comprises barre work, limited centre work, body conditioning and stretch.

TEACHERS	SATURDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Nadia Tia	9.30-10.15am	Pre-Primary Classical Tinies* *2 places available	3-4 years	A fun and engaging class to develop awareness in a group learning environment. Teachers use props and classical music to facilitate early learning of classical foundations, but the focus is squarely upon fun and enjoyment.
Tia Bianca	10.30-11.15am	Pre-Primary Classical Tinies* *1 place available	5-6 years	Students focus on the learning and/or development of classical ballet foundations, alongside creative dance, mime, improvisation and use of props and games to retain focus and interest. Suitable for new students or students with one year of prior training.
*Please note both these classes are for Independent Learners. Whilst we aim to be flexible with your needs as a family and accommodating towards first-time participants, we do not allow parents to stay and watch class on a regular weekly basis. If your dancer is not yet ready to separate from you for this activity then we recommend our 'Mummy & Me' class in Yarra Glen on weekdays.				
Bianca	11.45-12.45pm	Junior Jazz *3 places available	6-9 years	Recommended for students with at least one year of prior jazz or dance experience. This class develops the jazz fundamentals and introduces more complicated concepts around timing, use of space, travelling steps and floor work. A good let-your-hair-down class, particularly for students of classical ballet and/or to compliment classical training.
Bianca	12.45-1.45pm	Intermediate Jazz *3 places available	9-12 years	Recommended for students with 2-3 years of dance experience who are ready to be challenged with an alternate style of movement.
Victoria/Nadia	This Class is on Hold	Level 1 / Level 2 / Seniors Elementary Open Classical	Open Age	Elementary Barre and Centre, open to adults and to younger students wishing to progress their technique and ability. This class is also open to Adult Beginners. Please contact us if you are interested in this class.