

# CHIRNSIDE PARK

TEACHERS	MONDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Marika Teresa	4.30-5.30pm	Pre-Primary Level 1 (Exam Ready)	6-8 years	Recommended for students with at least one year prior dance training. This class focuses on clean technique combined with creative dance, mime and improvisation. Students taking this class are eligible to participate in exams if they are ready to do so.
Marika	5.30-6.45pm	Preparatory Level 1 (Main Class)	9-11 years	This class is recommended for students who are building strength in their technique and ready to expand their knowledge and repertoire of steps. Students may do exams at this level if they are attending two classes per week.

TEACHERS	TUESDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Nadia Teresa	4.30-5.45pm	Primary Level 1 (Exam Ready)	7-9 years	Students work towards detailed refinement of technique, alongside improvisation and creative dance. Recommended for students with at least two years prior dance training. Students taking this class are eligible to participate in exams.
Nadia Teresa	5.45-7.00pm	Level 1 (Main Class)	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 Open Class Elementary Standard	Open Age	Open Classical Class suitable for Adults with 6 months-1 year of prior classical training. Offered in 4-week blocks and/or by class agreement.

TEACHERS	WEDNESDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Nadia Tia	4.30-5.15pm	Pre-Primary Level 2 (Developing)	5-7 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.
Catherine	5.30-7.00pm	Young Adults Open Class, Intermediate	16+	Open Classical Class suitable for students at Intermediate standard. Adults are welcome to join this class. Exams are not offered at Senior Levels.

TEACHERS	THURSDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Marika Teresa Vivienne	5.00-6.00pm (Juniors)	National Character Dance and Body Conditioning	Various	This is a secondary class for students studying Advanced Primary, Preparatory or Level 1 syllabus. The class is split into two parts.
	5.00-6.15pm (Intermediates)	Combined Levels - Primary - Preparatory Level 1 - Level 1 Students		<p>The first half of the class is a combination of classical barre, floor barre, centre work, and body conditioning (strength and mobility/flexibility). The second half of the class comprises National Character Dance.</p> <p>National Character dance is fun and high energy, designed to enhance performance, technique, and mindset. Suitable for students between 8-12 years of age and recommended for students with at least one year prior dance training. Please note this class is compulsory for students wishing to do examinations at Primary, Preparatory Level 1 or Level 1 standard.</p>
Marika	6.30-8.00pm	Adult Beginners	Open Age	Classical Ballet for Beginners. This class sets the foundations of classical training, suitable for absolute beginners to those who are returning after a break from dance, or returning from injury. Offered in 4-week blocks.

TEACHERS	SATURDAY	GROUP	AGE RANGE	CLASS DESCRIPTION
Teresa Christine	9.30-10.15am	Pre-Primary Level 3 (Beginners)	4-5 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.
Teresa Christine	10.30-11.15am	Pre-Primary Level 2 (Developing)	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.
Teresa Christine	11.15-12.00pm	Pre-Primary Level 4 (Tinies)	3-4 years	A class for beginners, which introduces children to a group learning environment. Teachers use props, games and nursery rhyme music to facilitate early learning and keep children engaged.
Bianca	12.00-1.00pm	Intermediate Jazz	8-12 years	Recommended for students with 1-2 years prior training. 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	1.15-2.00pm	Junior Jazz	5-7 years	A fun, boppy, dance-your-worries-away jazz inspired class. No technical background or prior training required to join in and have a great time.