

Stepnout Performing Arts-Timetable 2021

STUDIO 1

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|------------------------------|----------------------------------|----------|--------|---------------------------|
| 10.30-11.15 Tots/Kinder | 10.30-11.15 Tots/Kinder | 4.10-5.10 Hip Hop 9-12yrs | | | 9.00-9.45 Tots/Kinder |
| 11.30-12.15 Fairies/Elves | 11.30-12.15 Fairies/Elves | 5.15 - 6.15 Jazz 9-12yrs | | | 10.00-10.45 Fairies |
| 1.30-2.30 Jitterbugs | 1.30 - 2.30 Jitterbugs | 6.30-7.30 Hip Hop 13+yrs | | | 10.55-11.55 Jitterbugs |
| 4.10-5.10 Acrobatics 5-8yrs | 4.30- 5.30 Petite Elite Team | 7.35-8.35 Jazz 13y+rs | | | 12.00-1.00 Ballet 5-8yrs |
| 5.20-6.20 Acrobatics 13+yrs | 5.40 - 6.40 Ballet 5-8yrs | 8.40 - 9.40 Adult Jazz / Hip Hop | | | 1.00-2.00 Jazz/Tap 5-8yrs |
| 6.30-7.30 Acrobatics 9-12yrs | | | | | |

STUDIO 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|---|----------------------------|----------|--------|--|
| 4.15-5.00 Hip Hop 5-8ys | 4.15-5.15 Ballet 9-12yrs | 4.20-5.20 Tap/Jazz 5-8yrs | | | 10.00-11.00 Body conditioning & skills development - Open U/10's |
| 5.10-6.25 Glee Club 5-10yrs | 5.25-6.25 Contemporary 9-12yrs | 5.30-7.00 Tap/Jazz 9-12yrs | | | 11.00-12.00 Elite Acro U/10's |
| 6.30-8.00 Glee Club 10-16yrs | 6.35-7.35 Contemporary 13+yrs | | | | 12.00-1.00 Elite U10's |
| | 7.45-9.15 Ballet, Prepointe & Pointe 13+yrs | | | | 1.15-2.15 Elite Acro U/16's |
| | | | | | 2.15-3.15 Body conditioning & skills development - Open U/16's |
| | | | | | 3.15-5.15 Elite U/16's |

Timetable subject to change depending on numbers- limited numbers set for each class.

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| Preschool Classes | |
|--|---|
| Delightful Tots (18mths-3yrs) | Our Delightful tots class is designed with parent interaction in mind, but this can depend on the child, sometimes you'll just sit and enjoy the class at others you can get more involved! The class involves a range of activities including song, dance, gym circuits (perceptual motor program) and music in a fun atmosphere with positive encouragement. Parental assistance required. |
| Kinder Kids (3-4yrs) | Although this class is designed to help children work independently, we recognise that some children will take longer than others to cope with the separation and independence of this class. The class involves a range of activities including song and dance, gym circuits (perceptual motor program) and music in a fun atmosphere with positive encouragement. No parental assistance required. |
| Fairies & Elves (3-4yrs) | Little Fairies & Elves classes start by combining coordination with dance and progress to a full dance class. Children learn the first lessons for classical ballet & jazz and work towards performing routines by the end of year. This is a class where fun and discipline go hand in hand. The ATOD preschool syllabus is introduced in this class to lay the foundations for a creative technical dancer. No parental assistance required. |
| Jitterbugs (4-5yrs) | Our Jitterbugs program is an extension of Little Fairies and incorporates Ballet, Jazz and Tap. This is a class where fun and discipline go hand in hand. The ATOD syllabus is extended to include Tap to lay the next foundations for a creative technical dancer. This class is involved in all Kids & Teens events at the studio. No parental assistance required. |
| Kids Teens & Adults Classes | |
| Elite Teams | Elite Teams will be open in Term 1 and 2 for any students that has the commitment. Students in Elite teams must take advised compulsory classes and can also pick up any other classes they enjoy to compliment their dancing. Please enquire if interested. We do not hold yearly auditions. Potential students will be invited to trial within the class as requested. Compulsory classes are: Technical Training, Ballet, Jazz, Elite Team. Other classes may be taken but are not deemed compulsory. Term 3 and 4 will be selected students ready to perform. |
| Jazz & Tap | Jazz & Tap classes are designed to give students a full class of Jazz and Tap. Please read the descriptions in Jazz Only. Tap classes start with the most basic elements: rhythm and timing. We combine toe and heel beats, springs, steps, ball change and combinations, leading onto more complex rhythms, timing and variations in speed. |
| Jazz Only | Our Jazz classes including technical elements such as isolations combinations, kicks, points, plie and releve, basic positions and the development of flexibility, balance, co-ordination and control. This leads onto jumps, leaps, turns and complex progressions increasing coordination and flexibility. |
| Ballet | We start by developing the basic balletic exercise for feet, legs, hands and arm extensions, both at the barre and in the centre. Then we move onto skills requiring focus on co-ordination, strength and control in all five ballet positions, also including adagio, allegro and progressions across the floor. Ballet is the foundation to many styles as it supports correct alignment and posture that can be carried over. |
| Body Conditioning and Skills Development-Technical Training | Technical Training classes are for anyone wanting to extend their current classes obtain great lines and strength and prevent injuries. Elite team this class is compulsory and we would highly recommend this class to anyone wanting to improve in dance for any style. This will be foundation work for every style including acrobatics. This class does not perform any routines in the Concert and is Training only. This class is a great supplement to dancers who want to achieve more, dancers will build core strength, find and maintain their balance, and increase their flexibility. |
| Contemporary | Contemporary is an expressive dance form with a free, artistic and creative feel. Contemporary draws a lot of its technique from classical ballet but unlike ballet, contemporary often focuses on floor work and dancers will usually perform with bare feet. This class is an extension of ballet and therefore a Ballet core class is highly recommended to enhance technique. |
| Acrobatic | Acrobatic Arts is designed with the dancer/performer in mind, by blending classical dance with acrobatic elements while preparing them to execute skills safely on a hard stage floor. Some of the skills look similar to gymnastic elements but are they trained differently to accommodate for the difference in flooring. The top concern of every Acrobatic Arts Certified Teacher is to train dancers safely with strong technique. Acrobatic Arts students are highly recommended to be enrolled in a core subject of Body Conditioning, Ballet or Jazz core class. |
| Glee Club (Musical Theatre) | We focus on singing, acting and theatre skills and Jazz dance in our programs. Students learn how we can combine these all art forms to tell stories. These classes help give students a broad knowledge of the art form covering a vast range of styles and shows as well as helping them build confidence and discover where their skills lie. |
| Hip Hop | Mixing incredible athletics with intuitive rhythm control our Hip-Hop lessons are a fun and extremely popular class for boys and girls. Learn the latest moves from your video clips and super funky routines to all the latest music available. There are several styles of Hip-Hop and through the year students will get to experience these. |
| Adults | Whether you want to improve your fitness, brush up on old dance skills or just get out and be social in a fun setting, dance classes are a fun activity to try with friends or a partner, and they'll help improve your overall health and vitality. |
| Private Lessons - Vocal, Dance Technique & Technical Skills | Private singing - If you're enthusiastic about vocal training, our private lessons will guide you through the wonderful world of the music – learning how to explore and test the boundaries of your vocal instrument. Private lessons - private technique lessons help improve confidence and help children get ready to move into a certain class. |