

Classical ballet/jazz/tap/hip-hop/musical theatre programme - The seniors and silver star dancers can choose to be taught the traditional Vaganova Russian syllabus. ATOD syllabus is taught to all levels of dance from test 1 through to senior levels for our classical grades. A practice @ home app is to be purchased for your dancers to practice at home with. Please see attached brochure to find the links to do so if desired.

***Please note:** Classes may change or be cancelled due to low numbers. If this is to occur and the class you have booked into is affected, you will be notified of any changes or alternatives classes asap. Classes of different levels are held at the same time in separate studios.*

## **TEST 1/2 CLASSES - SUITABLE FOR PREP AND GRADE 1 AT SCHOOL AGED CHILDREN**

**NOTE:** When buying the ATOD practice @ home App, please purchase test 1 & test 2 Classical levels  
\*\*Uniform – navy uniform can be purchased through Capezio's in Elsternwick.

**Please note Monday & Tuesday classes are held at  
Toorak Uniting Church Hall  
603 Toorak Rd, Toorak VIC 3142**

<b>Monday</b>	<b>Class</b>
<b>4.00 - 4.45pm</b>	Classical Ballet
<b>4.45 – 5.30pm</b>	Jazz/Tap
<b>Tuesday</b>	<b>Class</b>
<b>4.45 – 5.45pm</b>	Junior Musical Theatre Singing & Voice 30mins Musical Theatre dance 30 mins (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice and better flow of dance/body movement)

**Note: Wednesday, Friday and Saturday classes are held at  
Armadale Baptist church  
88 Kooyong Road, Armadale.**

<b>Wednesday</b>	<b>Class</b>
<b>4.00 – 4.45pm</b>	Classical Ballet

4.45 – 5.45pm	Junior Jazz/Tap (Prep ability Graded and Grade 1 at primary school)
5.45 – 6.15pm	Junior Hip Hop (Grade 1, 2, 3, 4 at Primary school)
<b>Friday</b>	<b>Class</b>
4.00 – 5.00pm	Junior Acrobatics (Must have knee pads) (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice)
<b>Saturday</b>	<b>Class</b>
8.30 – 9.30am	Beginners/Pre Junior Acrobatics (5 – 8 years) (Must have knee pads) (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice)
10.15 – 11.00am	Jazz/Tap (Prep age and/or ability graded)
11.00 – 11.45am	Classical Ballet (Prep age and/or ability graded)

**TEST 2/3 CLASSES – SUITABLE FOR PREP\*, GRADE 1, 2, 3 AT SCHOOL AGED CHILDREN (\*Prep students that have already completed Test 1 examination)**

**NOTE:** When buying the ATOD practice @ home App, please purchase the test 2 & 3 Classical levels  
 \*\*Uniform – navy uniform can be purchased through Capezio's in Elsternwick.

**Please note Monday & Tuesday classes are held at  
 Toorak Uniting Church Hall, 603 Toorak Rd, Toorak VIC 3142**

<b>Monday</b>	<b>Class</b>
4.00 – 4.45pm	Classical Ballet (Prep ability Graded and Grade 1 at primary school)
4.45 – 5.30pm	Jazz/Tap (Prep ability Graded and Grade 1 at primary school)
5.30 – 6.00pm	Junior Lyrical/Contemporary (Suitable for 7 – 9 years)



Tuesday	Class
4.45 – 5.45pm	Junior Musical Theatre Singing & Voice 30mins Musical Theatre dance 30 mins (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice and better flow of dance/body movement)
<p align="center"><b>Note: Wednesday, Friday and Saturday classes are held at Armadale Baptist church 88 Kooyong Road, Armadale.</b></p>	
Wednesday	Class
4.45 – 5.45pm	Junior Jazz/Tap (Grade 1,2,3,4 at Primary school)
5.45 – 6.15pm	Junior Hip-Hop (Grade 1,2,3,4 at Primary school)
Friday	Class
4.00 – 5.00pm	Junior Acrobatics <i>(Must have knee pads)</i> (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice and better flow of dance/body movement)
Saturday	Class
8.30 – 9.30am	Beginners/Pre Junior Acrobatics (5 – 8 years) <i>(Must have knee pads)</i> (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice and better flow of dance/body movement)
9.30 – 10.15am	Classical Ballet (grade 1 upwards at primary school)
10.15 – 11.00am	Jazz/Tap (Test 1,2,3)



## **BRONZE MEDAL/STAR – SUITABLE FOR GRADE 3, 4 AT SCHOOLAGED**

### **CHILDREN**

Please note different grades are held separately, separate dance rooms separate dance teachers.

(It is recommended for the dancers to start attending 2 classical ballet classes per week)

**NOTE:** When purchasing the ATOD practice @ Home App, please purchase the appropriate Classical levels.

\*\*\*New Uniform Colour\*\*\* – When your dancer has outgrown their current navy uniform, please purchase the new Lavender uniform from Capezio's in Elsternwick that has been selected by the teachers.

**NOTE: Monday & Tuesday classes will be held at Toorak Uniting Church Hall, 603 Toorak Rd, Toorak VIC 3142**

<b>Monday</b>	<b>Class</b>
<b>4.00 – 4.45pm</b>	Jazz/Tap (Suitable for 6.5 – 8 years)
<b>4.45 – 5.30pm</b>	Classical Ballet (Grades 1,2 at Primary school)
<b>5.30 – 6.00pm</b>	Junior Lyrical/Contemporary (suitable for 7 – 9 years)
<b>Tuesday</b>	<b>Class</b>
<b>4.45 – 5.45pm</b>	Junior Musical Theatre Singing & Voice 30mins Musical Theatre dance 30 mins (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice and better flow of dance/body movement)

**Note: Wednesday, Friday and Saturday classes are held at Armadale Baptist church  
88 Kooyong Road, Armadale.**

<b>Wednesday</b>	<b>Class Bronze Medal/Star</b>
<b>4.00 – 4.45pm</b>	Classical ballet (Ability Graded and/or grade 2/3 Primary school)



4.45 – 5.30pm	Jazz/Tap (Grade 1,2,3,4 at Primary school)
5.30 – 6.15pm	Junior Hip-Hop (Grade 1,2,3,4 at Primary school)
<b>Friday</b>	<b>Class</b>
4.00 – 5.00pm	Junior Acrobatics ( <i>Must have knee pads</i> ) (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice)
<b>Saturday</b>	<b>Class</b>
8.30 – 9.30am	Beginners/Pre Junior Acrobatics (5 – 8 years) ( <i>Must have knee pads</i> ) (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice)
11.00 – 12 noon	Jazz/Tap
12 noon – 12.45pm	Classical Ballet

### **GOLD MEDAL SUITABLE FOR GRADE 4, 5, 6 AT SCHOOL AGED CHILDREN**

*Please note different grades are held separately, separate dance rooms separate dance teacher.  
(It is highly recommended for this level to attend 2 ballet classes per week to be able to do the exam and more complex concert/competition work)*

(Dancer needs to attend minimum 2 ballet classes per week to be able to do the exams)

**Note:** When purchasing the ATOD practice @ home App please purchase Gold Classical Levels

**Please note Monday classes are held at  
Toorak Uniting Church Hall, 603 Toorak Rd, Toorak VIC 3142**

<b>Monday</b>	<b>Class</b>
5.30 – 6.30pm	Level 2/3 Vaganova Russian method ballet technique, Strengthen, stretch, foot conditioning, turns and jumps. **This is a very important class – Improvement from dancers attending this class is astonishing (This is an extra class for gold medal dancers)



6.30 – 7.15pm	Senior Pointe (Demi Pointe) Classical Ballet & Repertoire class (This is an extra class for gold medal dancers)
7.15 – 8.00pm	Hip Hop (8 dancers minimum)
<b>Note: Wednesday, Friday and Saturday classes are held at Armadale Baptist church 88 Kooyong Road, Armadale.</b>	
<b>Wednesday</b>	<b>Class</b>
7.15 – 8.00pm	Senior Lyrical or Contemporary (Higher aged gold students may attend) (This is an extra class for gold medal dancers)
<b>Friday</b>	<b>Class</b>
4.00 – 5.00pm	Classical Ballet
5.00 – 6.00pm	Jazz/Tap
6.00 – 6.30pm	Lyrical/Contemporary
6.30 – 7.15pm	Senior acrobatics, tricks and arial work ( <i>Must have knee pads</i> ) (Dancers MUST do one ballet class per week at ADS for understanding of safe movement practice)
<b>Saturday</b>	<b>Class</b>
12.00 – 12.45pm	Gold/Senior American Jazz/Tap
12.45 – 1.45pm	Classical Ballet
1.45 – 2.45pm	Pre Seniors & Seniors Competition troupe
2.45 – 3.30pm	Hip Hop (8 dancers to run)



## MINIMUM AGE- GRADE 7 AT SCHOOL AGE & UPWARDS

### Elementary, Intermediate and performance awards)

(Dancer needs to attend minimum 2 ballet classes per week to be able to do the exams)

Certain classes will be separated and run in different rooms at the same times to accommodate different levels. (Ballet levels only)

**Note:** When purchasing the practice @home App please speak with class teacher, for level purchase required.

**NOTE: Monday classes will be held at Toorak Uniting Church Hall, 603 Toorak Rd, Toorak VIC 3142**

Monday	Class
5.30 – 6.30pm	Level 2/3 Vaganova Russian method ballet technique, Strengthen, stretch, foot conditioning, turns and jumps. **This is a very important class – Improvement from dancers attending this class is astonishing
6.30 – 7.15pm	Senior Pointe (Demi Pointe) Classical Ballet & Repertoire class
7.15 – 8.00pm	Hip Hop (8 dancers minimum)

**Note: Wednesday, Friday and Saturday classes are held at Armadale Baptist church  
88 Kooyong Road, Armadale.**

Wednesday	Class
4.45 – 6.00pm	Classical Ballet Technical & Pointe (demi Pointe)
6.00 – 6.15pm	Dinner Break (Bring snack)
6.15 – 7.15pm	Jazz/Broadway Jazz
7.15 – 8.00pm	Senior Lyrical or Contemporary



Friday	Class
6.30 – 7.15pm	Senior acrobatics, tricks and arial work <i>(Must have knee pads)</i> (MUST do one ballet class per week at ADS for understanding of safe movement practice and better flow of dance/body movement)
Saturday	Class
12.00 – 12.45pm	Senior American Jazz/Tap
12.45 – 1.45pm	Classical Ballet technical class turns and jumps
1.45 – 2.45pm	Competition Performance Troupe
2.45 – 3.30pm	Hip Hop (8 dancers to run)

**ADULT BALLET CLASSICAL BALLET BEGINNERS CLASS –**

**FOR STRENGTH FITNESS AND FUN**

Wear gym wear and canvas ballet shoes  
(Min of 5 dancers to run class)

Note: Wednesday & Friday classes are held at  
Armadale Baptist Church  
88 Kooyong Road, Armadale.

Wednesday	Class
7.00 – 8.00pm	Adult ballet

