



TIMETABLE

2025

READY SET DANCE	FIRST STEPS: Students who are 2 or 3 years old and/or are starting school in 2027 or 2028 . NO TAP
READY SET BALLET	Pre School students may enrol at any time after their third birthday.
READY SET DANCE	PREP: Students who are 4 or 5 years old and/or are starting school in 2026 . INCLUDES TAP.
READY SET ACRO	Students who are starting school in 2026 or 2027 . Must be toilet trained.
READY SET DANCE	MIXED: Pre School students may enrol from when they are 2.5 years old.
MINI	Kindergarten and Year 1 in 2025.
PRE JUNIOR	Year 2 and Year 3 .
JUNIOR	Year 4 and Year 5 .
PRE TEEN	Year 6 and Year 7 .
TEEN	Year 8 and Year 9 .
SENIOR	Year 10 and Older.
IDT/TURNS/LEAPS	Mixed Age Classes from Year 3 to Year 12 .
PERFORM ABILITY	An all inclusive performing arts program specialising in therapy-based classes.

MAIN SCHOOL AGE GROUPS

Class levels are based on school grade in 2025. Students may do 'younger' age group classes but they may not dance in any age group above their school year.

PERFORM ABILITY AGE GROUPS

Classes are formed based on conversations between students/parents/carers and our instructors.

EXTENSION BALLET

For ballet students in GRADE 1, GRADE 2 and GRADE 3: 2 class enrolment is preferred. Extension Ballet classes are complimentary and are only offered to those who have enrolled in the Grade class.

ACROBATICS

To qualify for a position in an acrobatics class (except READY SET ACRO), students are required to take one of the following in their age group: JAZZ, CONTEMPORARY, BALLET or MINI ALL ROUNDERS. For students in Pre Junior and older, a three class enrolment is recommended.

ELITE ACRO TRAINING


Places in Acro Elite are by INVITATION ONLY. Invitations will be offered to those who display an elite mindset and meet the following conditions:

Crew students who can consistently execute all of the following OR Recreational students who take at least one dance class AND one IDT class (minimum three classes per week) and can consistently execute all of the following:

FOREARM BALANCE, STACKED BRIDGE ALIGNED WITH STRAIGHT LEGS, CURVED HANDSTAND BALANCE, FRONT WALKOVER, BACK WALKOVER, 6 TYPES OF CARTWHEELS.

MONDAY

<i>Studio 1</i>	<i>Studio 2</i>	<i>Studio 3</i>	<i>Studio 4</i>	<i>RSD Room</i>
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YEAR 3 + URNS AND LEAPS 4:00 - 4:45pm	MINI ALL ROUNDERS 4:00 - 4:45pm		MINI HIP HOP 4:00 - 4:45pm	 MIXED AGES 4:00 - 5:00pm
PRE TEEN CONTEMPORARY TROUPE 4:45 - 5:45pm <i>AUDITION ONLY</i>	MINI BALLET 4:50 - 5:35pm	MINI ACROBATICS 4:50 - 5:35pm		
JUNIOR CONTEMPORARY TROUPE 5:45 - 6:45pm <i>AUDITION ONLY</i>	ALL AGES IDT 5:50 - 6:35pm	ACRO ELITE OMEGA 5:45 - 6:45pm <i>INVITATION ONLY</i>		
SENIOR CONTEMPORARY TROUPE 6:45 - 7:45pm <i>AUDITION ONLY</i>		ACRO ELITE DELTA 6:45 - 7:45pm <i>INVITATION ONLY</i>		



ACRO ELITE CLASSES (Invitation Only)


OMEGA Contemporary Troupe students in Year 6 and older, by invitation.

DELTA Students in Year 4 and older, by invitation.

TUESDAY

<i>Studio 1</i>	<i>Studio 2</i>	<i>Studio 3</i>	<i>Studio 4</i>	<i>RSD Room</i>
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 FIRST STEPS 9:30 - 10:15am
 10:20 - 10:50am
 PREP 10:55 - 11:55am
 12:00 - 12:30pm

		PRE JUNIOR JUNIOR ACRO 4:00 - 5:00pm		
SENIOR SINGING 4:15 - 5:00pm				
TEEN HIP HOP 5:00 - 5:45pm	JUNIOR BALLET (Grade 2) 5:00 - 5:45pm	SENIOR TAP 5:00 - 5:45pm	YEAR 5 CONTEMPORARY 5:00 - 5:45pm	PRE JUNIOR JAZZ 5:00 - 5:45pm
TEEN TAP 5:45 - 6:30pm	YEAR 4 CONTEMPORARY 5:45 - 6:30pm	SENIOR HIP HOP 5:45 - 6:30pm	JUNIOR BALLET (Grade 3) 5:45 - 6:30pm	PRE JUNIOR HIP HOP 5:45 - 6:30pm
TEEN/SENIOR JAZZ 6:30 - 7:30pm		 EXTREME 6:30 - 7:30pm		

Grade 2 Ballet: Students in Year 4, 2025

Grade 3 Ballet: Students in Year 5, 2025

WEDNESDAY

<i>Studio 1</i>	<i>Studio 2</i>	<i>Studio 3</i>	<i>Studio 4</i>	<i>RSD Room</i>
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PERFORM ABILITY
YOUNG STARS
10:15 - 10:45am

PERFORM ABILITY
ADULTS
11:00am - 11:30am

PERFORM ABILITY
ADULTS
11:45am - 12:15pm

PERFORM ABILITY
PRIMARY SCHOOL
3:55 - 4:25pm

PERFORM ABILITY
HIGH SCHOOL
4:35 - 5:05pm

TEEN BALLET 5:15 - 6:30pm RAD Intermediate	PRE TEEN JAZZ 5:15 - 6:00pm	SENIOR CONTEMPORARY 5:15 - 6:15pm	PRE TEEN TAP Studio 4 Class 5:15 - 6:00pm
	PRE TEEN HIP HOP Studio 2 Class 6:00 - 6:45pm		PRE TEEN SINGING 6:00 - 6:45pm
SENIOR BALLET 6:30 - 7:30pm RAD Advanced	PRE TEEN TAP Studio 2 Class 6:45-7:30pm	TEEN CONTEMPORARY 6:30 - 7:30pm	PRE TEEN HIP HOP Studio 4 Class 6:45-7:30pm
	SENIOR MUSICAL THEATRE 7:30 - 8:15pm	TEEN and SENIOR CONTEMP. TRICKS 7:30 - 8:15pm	

THURSDAY

<i>Studio 1</i>	<i>Studio 2</i>	<i>Studio 3</i>	<i>Studio 4</i>	<i>RSD Room</i>
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JUNIOR HIP HOP 4:00 - 4:45pm	PRE JUNIOR JAZZ 4:00 - 4:45pm	MINI ACRO 4:00 - 4:45pm	PRE JUNIOR TAP 4:00 - 4:45pm	 MIXED AGES 4:00 - 5:00pm
		PRE JUNIOR	PRE JUNIOR	
JUNIOR TAP 5:00 - 5:45pm	MINI ALL ROUNDERS 4:50 - 5:35pm	JUNIOR ACRO 4:45 - 5:45pm	BALLET (Primary) 4:45 - 5:40pm	
PRE JUNIOR CONTEMPORARY 5:45 - 6:30pm	JUNIOR JAZZ 5:45 - 6:30pm	ACRO ELITE TUMBLE SQUAD 5:45 - 6:30pm	PRE JUNIOR HIP HOP 5:45 - 6:30pm	
PRE JUNIOR BALLET (G1 Ext. Class) 6:30-7:15pm		PRE JUNIOR		
		JUNIOR		
		ACRO		
		6:30 - 7:30pm		

Primary Ballet: Students in Year 2, 2025

Grade 1 Ballet EXT: Students in Year 3, 2025 who are enrolled in Grade 1 Friday.

Tumble Squad: Extension Class for acrobats enrolled in Monday Elite classes. Enrolment is term-by-term based on goals of the acrobat.

FRIDAY














Studio 1	Studio 2	Studio 3	Studio 4	RSD Room
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 9:30 - 10:00am
 MIXED AGES 10:05 - 11:05am
 11:10 - 11:40am

PRE TEEN BALLET 4:30 - 6:00pm Intermediate Foundation	JUNIOR TAP 5:15 - 6:00pm	PRE JUNIOR HIP HOP 4:30 - 5:15pm	JUNIOR HIP HOP 4:30 - 5:15pm
		PRE JUNIOR TAP 5:15 - 6:00pm	PRE JUNIOR /JUNIOR SINGING 5:15 - 6:00pm
PRE TEEN CONTEMPORARY 6:00 - 7:00pm	PRE JUNIOR BALLET (Grade 1) 6:00 - 6:45pm	PRE JUNIOR JUNIOR 6:00 - 7:00pm	PRE JUNIOR/JUNIOR MUSICAL THEATRE 6:00 - 6:45pm
		PRE TEEN/TEEN/SENIOR ACRO 7:00 - 8:00pm	

Grade 1 Ballet: Students in Year 3, 2023

SATURDAY

Studio 1	Studio 2	Studio 3	Studio 4	RSD Room
 9:15 - 1:15pm	 MINI HIP HOP 9:00 - 9:45am	PRE TEEN CONT. TRICKS 9:00 - 9:45am	MINI BALLET 9:00 - 9:45am	 FIRST STEPS 9:00 - 9:45am
	MINI ALL ROUNDERS 9:50 - 10:35am	 9:45 - 1:45pm	JUNIOR BALLET (Grade 2) Extension Class 9:45 - 10:30am	 9:50 - 10:20am
			JUNIOR BALLET (Grade 3) Extension Class 10:30 - 11:15am	 MIXED AGES 10:25 - 11:10am (NO TAP)
	 11:00- 12:00pm		 11:15 - 3:15pm	 11:15 - 11:45am
				  12:30 - 2:00pm
	 2:00 - 4:00pm	GRADE 4 BALLET 1:45 - 3:15pm		 PREP 12:25 - 1:25pm