

DANCE POWER

2019 CLASS TIMETABLE

HAMLYN TERRACE

Hamlyn Terrace Community Centre
80 Minnesota Rd, Hamlyn Terrace 2259

THURSDAY	TIME	CLASS	AGE GROUP
	4.00 - 4.30	Jazz Dance	5 - 9 years
	4.30 - 5.00	Lyrical	5 - 9 years
	5.00 - 5.30	Hip Hop	5 - 9 years
	5.30 - 6.00	Hip Hop	10 - 15 years
	6.00 - 6.30	Lyrical	10 - 15 years

CLASS DESCRIPTIONS	
Jazz Dance	An exciting and ever-evolving dance class full of rhythm, passion and life. Jazz dance is a fun and popular energetic style of class that involves a routine performed to upbeat modern music.
Lyrical	Lyrical dance is a fusion of Ballet with Jazz/Contemporary dance techniques. It is a style of dance that is soft and expressive with lovely bodylines. Learning lyrical helps students develop core stability, strength, control, coordination and correct body alignment.
Hip Hop	Hip Hop is a high-energy style that encompasses movement that has elements of poppin', locking, breaking and freestyle movement. A popular style of dance guaranteed to give students the opportunity to develop their own style.