

DANCE POWER

2021 CLASS TIMETABLE

HAMLYN TERRACE

Hamlyn Terrace Community Centre
80 Minnesota Rd, Hamlyn Terrace 2259

THURSDAY	TIME	CLASS	AGE GROUP
	4.00 - 4.30	Jazz	Primary School Age
	4.30 - 5.00	Hip Hop	Primary School Age
	5.00 - 5.30	Lyrical	Primary School Age
	5.30 - 6.00	Acro	Primary School Age

CLASS DESCRIPTIONS	
Jazz	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.
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.
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.
Acro	Learn basic and intermediate acrobatic moves like forward and backward rolls, handstands, cartwheels and walkovers. Acrobatics focuses on balance, agility, and bodily coordination and is a great way to tone and build strength.