

# STRONG NATION

A C A D E M Y

Day	Woods Room	Mann Room	Robinson Room
T U E S D A Y	//	//	4pm-5pm <b>Rhythmic Gymnastics</b> Senior Advanced Level 6-8 (12yrs & over)
	//	//	5pm-6pm <b>Rhythmic Gymnastics</b> Intermediate/Advanced Level 4-6 (8 to 12yrs)
W E D N E S D A Y	//	//	4pm - 4.45pm <b>Ballet</b> Junior (5yrs & over)
	//	4.30pm - 5.15pm <b>Musical Theatre</b> Junior (6yrs to 11yrs)	5pm - 5.45pm <b>Rhythmic Gymnastics</b> Beginner Level 1-2 (4yrs to 8yrs)
	//	5.15pm - 6pm <b>Musical Theatre</b> Senior (11yrs & over)	//
T H U R S D A Y	//	4.45pm-5.30pm <b>Drama</b> Senior (12yrs & over)	//
	5.30pm - 6.15pm <b>Tap</b> Junior (6yrs to 11yrs)	//	
F R I D A Y	9.30am - 10.15am <b>Tiny Tots Ballet</b> (2yrs to 4yrs)	//	//
	//	10.30am - 11.15am <b>Mini Movers</b> (2 to 5yrs)	
	4pm - 5pm <b>Hip Hop</b>	//	4pm - 5pm <b>Rhythmic Gymnastics</b> Beginner/Intermediate Level 2-4 (6 to 10yrs)
	5pm - 6pm <b>Ballet/Contemporary/Lyrical Dance</b>	//	//

Individual Instrument and Vocal lessons run Monday- Friday from 3pm-6pm, depending on availability. If you would like to enquire about these availabilities, please contact Academy Administration.

Classes are subject to change based on teacher availability and class sizes. Classes do have a maximum student limit so students can have more help from their teacher.

## Class Descriptions

**Tiny Tots Ballet** - For little ones that can't stop dancing this class is for you. We encourage the joy of dancing through the basic techniques of ballet where students learn dance moves, coordination, rhythm, listening & team work.

**Junior Ballet** - A cheerful class environment where students aged 5 years and over will learn ballet techniques based on the RAD syllabus while still taking time to have fun and enjoy themselves.

**Ballet/Contemporary/Lyrical** - Combines technique and style from each of the dance forms of contemporary, ballet and lyrical. Students will learn to explore the meaning of the music through dance and showcase this in a performance.

**Mini Movers** - Lessons incorporate gymnastics, dance, music and drama where 2 to 5 year olds can explore various techniques in a fun environment.

**Hip Hop** - A high-energy dance class that creates funky dance moves with hip hop music.

**Tap** - Learning from the Glenn Wood tap syllabus, students will learn the basics of tap dance and also learn how to put simple moves together to create tap combinations.

**Musical Theatre**- An energetic, entertaining, theatrical and fun class for students who love to sing, dance and act. Students will learn how to combine all these fields in a song from a popular Musical.

**Drama** - A fun class where students will learn techniques for acting including, improvisation, performance, team work, scene work, monologues, character analysis and confidence building.

**Rhythmic Gymnastics**- A fun, energetic + exciting sport, in which students develop dance + gymnastics skills, whilst developing coordination, strength, flexibility + confidence. With the combination of Clubs, Hoops, Ball, Ropes + Ribbons, students will learn exciting level appropriate floor routines to a range of music genres.