

Hi SDA,

Miss Zoe and Miss Alanah are running a variety of classes over the holidays for students 15+. These will be adult open classes suitable for many different levels of ability, and are a great way to try some different styles while keeping up strength and fitness over the holidays.

The cost of each class will be \$20 for one, \$35 for two or \$45 for 3 (costs reset each day and make-up lessons are not able to be used as all make-up lessons expire 2nd Dec 2023). The classes are as follows:

Tuesday December 5th, 12th, and January 16th, 23rd - Miss Zoe

Ballet with Repertoire 6:00-7:00 - Have you ever wanted to see how the ballerinas do it? In this class we will learn a simplified variation from one of the famous ballets. This class is open to all levels, including beginners, and is perfect for anyone who loves ballet and is looking for a challenge.

Contemporary 7:00-8:00 - This open contemporary class will be all about loosening the body and breaking down technique behind contemporary steps and style. We'll be learning a gentle, feel-good routine to Morgan Harper-Jones' cover of 'I Wanna Dance with Somebody'.

Jazz 8:00-9:00 - Explore the fun of different jazz styles. In these classes we will be tackling a different jazz subgenre each week from Go Go to commercial and learning a fun routine to go with it. No previous jazz experience required, be prepared for chaos and laughs.

Thursday December 7th, 14th, 21st and January 18th - Miss Alanah

Stretch, Strength and Conditioning 6:00-7:00pm - Want to make sure the strength you've worked so hard for this year doesn't wane over the holidays? Or maybe you've been wanting to strengthen and lengthen your muscles, or improve ankle and foot strength and stability for pointe work. Come along to this stretch, strength, and conditioning class and relax, unwind, and workout!

Tap 7:00-8:00pm - Set at a beginner/intermediate level, we will be working on technical tap elements and a fun rhythm tap and routine. The perfect class for those new to tap, wanting to return to tap, or those wanting to keep up with their tap over the holidays and learn a new routine!

Heels 8:00-9:00pm - Step into the world of glamour and rhythm with our Cabaret Heels Jazz class. Unleash your inner showgirl as we combine the glitz of cabaret with the infectious energy of jazz to create a unique and empowering dance experience. Whether you're a seasoned dancer or a beginner, this class is perfect for you. We will be learning one routine across the first 3 weeks, while working on our cabaret technique and coordination in heels.

NOTE: enrollment for these classes through Shilleena is essential, as minimum numbers are required. Once you have booked in, an invoice will be emailed to you & full payment of that invoice is required regardless of change of mind. If you'd rather pay casually & not lock into the classes the classes are \$25/class cash on arrival to the teacher.

Please let Shilleena know if you have any questions or if you plan to attend, classes will be cancelled if minimum numbers are not met.

We look forward to seeing you there!

Zoe, Alanah & Shilleena