



Keeping kids safe!



Shilleena's Dance Academy

Charity Dance Workshop

Our Workshop is a great opportunity to have some fun & raise money for a good cause at the same time! All profits from this workshop will be donated to charity The Daniel Morcombe Foundation. Everyone is encouraged to do every class even if it's not a style that you usually do. Intermediate level is for ages 8-12yrs (grade 3-6 in dance) and Senior level is for ages 13 & up (grade 7 & up in dance). It is just \$120 for the full day of classes. So why not come along to our fun dance workshop this Friday 19th January 2024 at our SDA studios!

UPSTAIRS

DOWNSTAIRS

TIME	CLASS	LEVEL	TIME	CLASS	LEVEL
10.00-11.00am	Contemporary	Senior	10.00-11.00am	Broadway Jazz	Intermediate
11.15-12.15pm	Open Cabaret Jazz	Senior	11.15-12.15pm	Contemporary	Intermediate
12.30-1.30pm	Acrobatics	Senior	12.30-1.30pm	Tap	Intermediate
1.30-2.00pm	LUNCH BREAK				
2.00-3.00pm	Acrobatics	Intermediate	2.00-3.00pm	Tap	Senior
3.15-4.15pm	Commercial Jazz	Senior	3.15-4.15pm	Ballet & conditioning	Intermediate
4.30-5.30pm	Ballet & conditioning	Senior	4.30-5.30pm	Street Jazz	Intermediate

What to bring:

- * all dance shoes (Ballet, Tap, Jazz, sneakers, socks, and seniors to bring Cabaret shoes or Character shoes for Cabaret Jazz, intermediates bring Character shoes or Jazz shoes for Broadway Jazz) – if you don't have any of these just whatever you have is fine)
- * wear dance clothes (crop-top, leggings, shorts, leotard, singlets – whatever you are comfortable dancing in, you don't have to change clothes between classes so wear something you are comfortable doing all styles in no need to wear a leotard for ballet 😊)
- * a water bottle
- * food for snacks & lunch (there is a 15min break between each class to snack/rest/cool off and 30mins for lunch – we have a fridge & microwave you are welcome to use but we don't have plates/cutlery so please bring what you need & use the bins provided to dispose of any rubbish)
- * towel to wipe the sweat & you may also use it to lie or sit on it at lunchtime 😊

If you have any questions, please just contact me,

Can't wait to see you all there!!

Yours through dance

Miss Shilleena

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