



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. 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 \$100 for the full day of classes. So why not come along to our fun dance workshop this Friday 21<sup>st</sup> January 2022 at our SDA studios!

### UPSTAIRS

### DOWNSTAIRS

TIME	CLASS	LEVEL	TIME	CLASS	LEVEL
10.00-11.00am	Contemporary	Senior	10.00-11.00am	Theatre Jazz	Int
11.15-12.15pm	Contemporary	Int	11.15-12.15pm	Theatre Jazz	Senior
12.30-1.30pm	Acrobatics	Senior	12.30-1.30pm	Tap	Int
1.30-2.15pm. LUNCH BREAK					
2.15-3.15pm	Acrobatics	Int	2.15-3.15pm	Tap	Senior
3.30-4.30pm	Commercial Jazz	Senior	3.30-4.30pm	Progressive Ballet Technique/conditioning	Int
4.45-5.45pm	Commercial Jazz	Int	4.45-5.45pm	Progressive Ballet Technique/conditioning	Senior

### What to bring:

- \* all dance shoes (ballet, tap, jazz, sneakers, socks – 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)
- \* a water bottle
- \* food for snacks & lunch (there is a 15min break between each class to snack/rest/cool off and 45mins 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 on the floor for PBT ☺

If you have any questions please just contact me,

Can't wait to see you all there!!

Yours through dance

*Miss Shilleena*