



## 2024 TIMETABLE

The start of 2024 will see a new timetable commence at SDA. I try to keep the times as convenient as possible and take into consideration the feedback that was expressed to me. As you can imagine, building a timetable is very difficult and careful consideration has been given to both student needs and teacher availability.

The 2024 timetable commences on **Monday 29<sup>th</sup> January 2024**. If you have any questions, please email me at [sda@shilleenasdanceacademy.com.au](mailto:sda@shilleenasdanceacademy.com.au) or call me on 0439 763 082. If you are planning on changing classes, or wanting to try something new, please let me know ASAP so that I can invoice everyone correctly for Term 1. If I don't hear from you, I automatically roll over enrollments from the previous term. If you wish to cancel your enrolment, please notify me via email. **All of the ages mentioned below relate to the age the student will be turning in 2024. Please contact me if you are unsure which level your child should be dancing in.**

**Creative Movement** is offered on Saturday mornings. Creative Dance classes for students aged 2½ to 4 years are a wonderful introduction to dance. The students play dance games and act out simple stories as they learn to improve their gross motor skills, coordination, and musicality.

Children can begin **Preparatory Ballet, Preparatory Tap and Preparatory Jazz** if they are turning 4 or 5 in 2024 and move into Grade 1 if they are turning 6 in 2024.

The **graded classes in Ballet, Jazz & Tap** (Grade 1-Advanced Ballet, Grade 1-10 Tap, Grade 1-10 Jazz) are syllabus-based classes where we learn Southern Federation of Dance (SFD) technique. We learn the examination exercises and work on building techniques ready for the exams in June each year. If students wish to sit a ballet examination they need to attend two ballet classes each week from level 2. Not all students are required to sit exams with teachers assessing who is ready in term 1. Parents will be consulted at this time.

Grade 1 to Grade 7 Ballet students, Grade 1 to Grade 4 Tap students, and Grade 1 to Grade 4 Jazz students automatically move up to the next level of classes in 2024 (unless otherwise advised by your teacher). For Grade 7 Ballet students, the next level is Pre-Elementary Ballet. If you are in one of the major ballet grades, or in tap and jazz classes Grade 5 and above, you may stay in these levels for two years.

We will offer **three student contemporary** classes in 2024. Level 1 Contemporary is for students turning 11, 12 or 13 in 2024. Level 2 Contemporary is for students turning 14 or 15, and Open Contemporary is for students turning 16 or older or who are also at an Elementary level & up in ballet.

**Adult beginner ballet** class is now on Mondays. If you would like to try ballet, but have never danced before, please consider this class as a fantastic introduction to the world of classical dance and a fun way to move and feel graceful. Our other adult classes include Adult Syllabus Ballet, Adult Beginner Tap, Adult Intermediate Tap, Adult Jazz & Adult Contemporary.

**Open Ballet Conditioning** is offered on Saturday mornings and includes barre and strengthening exercises suitable for adult & student dancers 12 years and over. We work with the pilates equipment as well as pointe strengthening & technique exercises.

**Open Cabaret Jazz** is a Broadway-style class usually performed in heels. The class will teach heels technique and prepare our dancers for future industry endeavors. This class is for dancers 15+ so why not grab some heels and give it a go!

**Open Jazz Technique** is a purely jazz technique class that is for dancers in Grade 8 Jazz level and above. This class will build on your strength focusing on kicks, turns, leaps and the technique that will help improve your overall dance ability.



**Acrobatics** is for students aged 7+ and is split into three levels. These levels are based on ability not age. If you'd like to learn to roll, tumble and flip these are the classes for you.

**Street Jazz** is a type of dance that combines jazz technique with the free flowing style of hip hop. This funky style of dance is taught to classic & up-to-date pop music and is an ideal way to express your creativeness; find your groove; and accent sharp, strong body movements. This class is for ages 6-14yrs so grab your sneakers & give it a go!

**Performance Troupe** is by audition only and auditions are held each year in November. Troupe is for students doing at least two styles of dance classes each week and are aged 11 and over.

In 2024, students in Intermediate or Advanced Ballet can choose to add a half hour class focusing on **Pas De Deux** or partnering work. Dancing with a partner is a specific skill, and this class will cover different techniques to master dancing with a partner.

**A note for current Grade 6 Ballet students:** The Major syllabus levels of Pre-Elementary, Elementary, Intermediate and Advanced usually take two years to learn and execute as the exams involve more content than the graded levels. These levels drop the character element and replace it with pointe work. While pointe work is not incorporated into the exam syllabus until Pre-Elementary, we encourage our students if they are ready to purchase pointe shoes while in Grade 7 to work on the strength and technique required in their Pre-Elementary exam.

To be eligible to work on pointe, students MUST do BOTH Grade 7 Ballet classes AND the Open Pointe/PBT class. The **Open Pointe/PBT** class is available to Grade 7 and above students. This class focuses on technique and strengthening exercises and we have found this class to be invaluable for getting students ready and maintaining strong technique for pointe work.

Not every dancer is physically able to dance on pointe, so every student will be assessed in Term 1 to see if they are eligible. Everyone may not start pointe work at the same time – we do this for your child's safety given the differences in physical development of every child. For your first pair of pointe shoes, I will organise a time to attend the dance shop in small groups to personally fit the pointe shoes so that I know the fit is correct. Usually, the first group will go during the Easter holidays.

If students decide to attend one Grade 7 ballet class each week, we certainly encourage them to do so. Not doing pointe work does not exclude students from any class, or from the dances in the concert. Students can still do all the pointe work in their usual ballet shoes.

## 2024 TIMETABLE

MONDAY – YORK STREET UPSTAIRS			MONDAY – YORK STREET DOWNSTAIRS		
			3:45-4:30	Street Jazz	Miss Emma
4:00-5:00	Open Pointe	Miss Shilleena	4:30-5:15	Grade 4 Ballet (class one)	Miss Alanah
5:00-6:15	Grade 7 Ballet (class one)	Miss Shilleena	5:15-6:30	Pre-Elementary Ballet (class one)	Miss Alanah
6:15-7:30	Open Contemporary (16+)	Miss Shilleena	6:30-7:30	Adult Beginner Ballet	Miss Alanah
7:30-8:45	Advanced Ballet (class one)	Miss Lily	7:30-8:45	Intermediate Ballet (class one)	Miss Shilleena
8:45-9:15	Pas De Deux	Shilleena/Lily			
			MONDAY – YORK STREET THIRD LOWER ROOM		
			4:30-5:15	Intermediate Street Jazz	Miss Emma
TUESDAY – YORK STREET UPSTAIRS			TUESDAY – YORK STREET DOWNSTAIRS		
3:45-4:45	Acrobatics Level 1 (7+ yrs)	Miss Eden			
4:45-5:45	Acrobatics Level 2	Miss Eden	4:30-5:30	Grade 6 Ballet (class one)	Miss Zoe
5:45-6:45	Acrobatics Level 3	Miss Eden	5:30-6:45	Elementary Ballet (class one)	Miss Zoe
6:45-9:00	Sub & Senior Performance	Miss Eden	6:45-7:45	Adult Jazz	Miss Zoe
			7:45-8:45	Adult Contemporary	Miss Zoe
WEDNESDAY – YORK STREET UPSTAIRS			WEDNESDAY – YORK STREET DOWNSTAIRS		
			3:45-4:30	Grade 3 Ballet (class one)	Miss Edie
4:30-5:45	Elementary Ballet (class two)	Miss Alanah	4:30-5:45	Level 2 Contemporary (14/15 yrs)	Miss Edie
5:45-6:45	Cabaret Jazz	Miss Alanah	5:45-6:45	Grade 8 Jazz	Miss Edie
6:45-8:00	Intermediate Ballet (class two)	Mr Joseph	6:45-8:00	Grade 7 Tap	Miss Shilleena
8:00-9:15	Advanced Ballet (class two)	Mr Joseph	8:00-9:15	Grade 8 Tap	Miss Shilleena
THURSDAY – YORK STREET UPSTAIRS			THURSDAY – YORK STREET DOWNSTAIRS		
4:15-5:30	Grade 9 Jazz	Miss Alessandra	4:00-5:00	Grade 6 Ballet (class two)	Miss Zoe
5:30-6:45	Sub & Senior Performance	Miss Alessandra	5:00-6:15	Grade 7 Ballet (class two)	Miss Zoe
6:45-7:45	Commercial Jazz	Miss Alessandra	6:15-7:15	Level 1 Contemporary (11-13 yrs)	Miss Zoe
7:45-8:45	Open Jazz Technique	Miss Alessandra	7:15-8:30	Pre-Elementary Ballet (class two)	Miss Zoe
FRIDAY – YORK STREET UPSTAIRS			FRIDAY – YORK STREET DOWNSTAIRS		
4:00-5:00	Grade 7 Jazz	Miss Edie	4:00-5:00	Grade 5 Tap	Miss Alanah
5:00-6:00	Grade 5 Jazz	Miss Alanah	5:00-6:00	Grade 6 Tap	Miss Edie
6:00-7:00	Intermediate Performance	Miss Alanah	6:00-7:00	Adult Beginner Tap	Miss Edie
7:00-8:00		Miss Edie	7:00-7:45	Adult Open Pointe	Miss Alanah
SATURDAY – YORK STREET UPSTAIRS			SATURDAY – YORK STREET DOWNSTAIRS		
8:00-8:45	Open Ballet Conditioning	Miss Alanah	8:30-9:00	Creative Movement	Miss Lillas
8:45-9:45	Adult Syllabus Ballet	Miss Alanah	9:00-9:45	Preparatory Ballet	Miss Lillas
9:45-10:45	Adult Intermediate Tap	Miss Alanah	9:45-10:15	Preparatory Jazz	Miss Lillas
10:45-11:30	Grade 4 Ballet (class two)	Miss Alanah	10:15-11:00	Grade 1 Tap	Miss Lillas
11:30-12:30	Grade 4 Tap	Miss Alanah	11:00-11:45	Grade 1 Jazz	Miss Lillas
			11:45-12:30	Grade 1 Ballet	Miss Lillas
12:30-1:30	Grade 4 Jazz	Miss Lillas	12:45-1:30	Grade 2 Jazz	Miss Alanah
1:30-2:15	Grade 3 Ballet (class two)	Miss Alanah	1:30-2:15	Grade 2 Tap	Miss Alessandra
2:15-3:00	Grade 3 Tap	Miss Alessandra			
3:00-3:45	Grade 3 Jazz	Miss Alessandra			

**Legend:** Pink = Ballet, Red = Jazz, Blue = Tap, Green = Commercial/Street Jazz, Lime = Technique classes, Purple = Creative Movement, Brown = Contemporary, Grey = Acrobatics, Aqua = Performance