



The start of 2025 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 2025 timetable commences on **Monday 3rd February 2025**. If you have any questions, please email me at 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 2025. 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 **Foundation Ballet, Foundation Tap and Foundation Jazz** (formally known as Preparatory ballet, jazz & tap) if they are turning 5 in 2025 and move into Grade 1 if they are turning 6 in 2025.

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 have to sit exams, teachers assess who is ready in term 1. Parents will be consulted at this time.

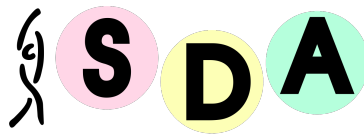
Grade 1 to Grade 7 Ballet students, Grade 1 to Grade 4 Tap students, and Grade 1 to Grade 4 Jazz students automatically move up to the next level of classes in 2025 (unless otherwise advised by your teacher). For Grade 7 Ballet students, the next level is Pre-Elementary Ballet. If you are in one of the major ballet grades, or in tap and jazz classes Grade 5 and above, you may stay in these levels for two years.

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 Pointe Technique class. The **Pointe Technique** 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/dances in the concert in their usual ballet shoes.



Shilleena's Dance Academy

Open Pointe Tech & 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 pilates equipment as well as pointe strengthening & technique exercises.

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.

We offer three levels of **Open Adult Ballet** classes suitable to all dancers over the age of 14. **Open Adult Beginner Ballet** is for those who have never danced before. This class as a fantastic introduction to the world of classical dance and a fun way to move and feel graceful. If you've already mastered some ballet technique, then **Open Adult Intermediate Ballet** is for you. Featuring longer combinations and more complex steps, this class builds further on the technique developed previously. We work on a mix of syllabus and open work in this class. For dancers who have completed Intermediate or Advanced syllabus classes, then **Open Advanced Ballet** is for you. This is a high-level open class aimed at experienced dancers looking for a challenge.

Our other open adult classes include **Open Adult Beginner Tap, Open Adult Intermediate Tap, Open Adult Jazz & Open Adult Contemporary**.

We will offer **four student contemporary/lyrical** classes in 2025. **Level 1 Contemporary** is for students turning 11, 12 or 13 in 2025. **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. **Open Lyrical** is a new class in 2025 for students 15 years and over and you can do either ONE OR BOTH open classes in this category.

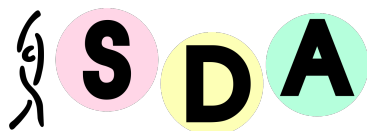
Cabaret Jazz is a Broadway-style class usually performed in heels. Classes teach heels technique and prepares our dancers for future industry endeavors. Two classes are offered for students aged 15 years and over. **Open Cabaret Jazz** is for intermediate and up abilities, and **Advanced Cabaret Jazz** is for experienced dancers only. You can choose ONLY ONE of these classes as places are limited.

Open Jazz and Tap Technique classes focus purely on jazz or tap technique for dancers in Grade 7 Jazz or Tap levels and above. These classes will build on your strength focusing on the technique that will help improve your overall dance ability. These classes pair perfectly with syllabus classes to add the extra technique needed to master your skills.

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. The Junior class is for ages 6-11yrs, and the Intermediate classes is for dancers aged 12-15 years.

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 10 and over.



**Shilleena's Dance Academy
2025 TIMETABLE**

MONDAY – YORK STREET UPSTAIRS			MONDAY – YORK STREET DOWNSTAIRS		
3:30-4:15	Grade 2 Ballet (class 1)	Miss Edie	3:45-4:30	Grade 4 Ballet (class 1)	Miss Alanah
4:15-5:15	Level 2 Contemporary (14/15 yrs)	Miss Edie	4:30-5:30	Intermediate Performance	Miss Alanah
5:15-5:55	Sub & Senior Performance	Miss Alessandra	5:30-5:55	Intermediate Performance	Miss Edie
5:55-6:30	Senior Performance	Miss Alessandra	5:55-6:30	Inter & Sub Performance	Miss Edie
6:30-7:45	Elementary Ballet (class 1)	Miss Alanah	6:30-7:45	Intermediate Ballet (class 1)	Miss Vanessa
7:45-9:00	Open Adult Advanced Ballet (class 1)	Miss Vanessa	7:45-8:45	Grade 8 Tap	Miss Shilleena
9:00-9:30	Pas De Deux	Shilleena/Vanessa			
TUESDAY – YORK STREET UPSTAIRS			TUESDAY – YORK STREET DOWNSTAIRS		
3:45-4:45	Acrobatics Level 1 (7+ yrs)	Miss Eden	4:00-4:45	Grade 4 Ballet (class 2)	Miss Zoe
4:45-5:45	Acrobatics Level 2	Miss Eden	4:45-6:00	Pre-Elementary Ballet (class 1)	Miss Zoe
5:45-7:00	Acrobatics Level 3	Miss Eden	6:00-7:00	Open Cabaret Jazz	Miss Zoe
7:00-9:00	Sub & Senior Performance	Miss Eden	7:00-8:00	Open Adult Jazz	Miss Zoe
			8:00-9:00	Open Adult Contemporary	Miss Zoe
WEDNESDAY – YORK STREET UPSTAIRS			WEDNESDAY – YORK STREET DOWNSTAIRS		
3:45-4:30	Junior Street Jazz (6-11 yrs)	Miss Emma			
4:30-5:15	* Grade 5 Ballet (class 1)	Miss Zoe	4:15-5:15	* Grade 9 Tap	Miss Shilleena
5:15-6:30	Intermediate Ballet (class 2)	Miss Shilleena	5:15-6:30	Grade 7 Ballet (class 1)	Miss Zoe
6:30-7:45	Open Contemporary (16+)	Miss Shilleena	6:30-7:30	Level 1 Contemporary (11-13 yrs)	Miss Zoe
7:45-9:00	Open Adult Advanced Ballet (class 2)	Miss Shilleena	7:45-9:00	Elementary Ballet (class 2)	Miss Zoe
* 9 Tap/5 Ballet/ Int Street Jazz will alternate who is in the third lower room so each class is only in the 3 rd room once every 3 weeks *			WEDNESDAY – THIRD LOWER ROOM		
			4:30-5:15	* Intermediate Street Jazz (12-15 yrs)	Miss Emma
THURSDAY – YORK STREET UPSTAIRS			THURSDAY – YORK STREET DOWNSTAIRS		
4:00-5:15	Grade 10 Jazz	Miss Paige	4:00-5:15	Grade 9 Jazz	Miss Alessandra
5:15-6:15	Open Lyrical (15+ years)	Miss Alessandra	5:15-6:15	Grade 7 Ballet (class 2)	Miss Alanah
6:15-7:15	Commercial Jazz (15+ years)	Miss Paige	6:15-7:00	Pointe Tech (Syllabus Students)	Miss Alanah
7:15-8:15	Open Jazz Technique (15+)	Miss Alessandra	7:00-8:15	Pre-Elementary Ballet (class 2)	Miss Alanah
8:15-9:15	Advanced Cabaret Jazz (15+)	Miss Alanah			
FRIDAY – YORK STREET UPSTAIRS			FRIDAY – YORK STREET DOWNSTAIRS		
4:00-5:00	Grade 7 (2 nd Year) Jazz	Miss Edie			
5:00-6:00	Grade 7 Tap	Miss Paige	5:00-6:00	Grade 6 Tap	Miss Edie
6:00-7:00	Grade 8 Jazz	Miss Edie	6:00-7:00	Grade 6 Jazz	Miss Paige
7:00-8:00	Open Tap Technique	Miss Paige	7:00-8:00	Open Adult Beginner Tap	Miss Edie
8:00-9:00	Open Adult Beginner Ballet	Miss Edie			
SATURDAY – YORK STREET UPSTAIRS			SATURDAY – YORK STREET DOWNSTAIRS		
8:00-9:00	Open Pointe Tech & Ballet Conditioning	Miss Alanah	8:15-9:00	Foundation Ballet (5yrs)	Miss Liliias
9:00-10:00	Open Adult Intermediate Ballet	Miss Alanah	9:00-9:30	Foundation Jazz (5yrs)	Miss Liliias
			9:30-10:00	Foundation Tap (5yrs)	Miss Liliias
10:00-11:00	Open Adult Intermediate Tap	Miss Alanah	10:00-10:45	Grade 2 Tap	Miss Liliias
11:00-12:00	Grade 5 Ballet (class 2)	Miss Alanah	10:45-11:30	Grade 2 Jazz	Miss Liliias
			11:30-12:15	Grade 2 Ballet (class 2)	Miss Liliias
12:00-1:00	Grade 5 Tap	Miss Alanah	12:15-1:00	Grade 1 Tap	Miss Liliias
1:00-2:00	Grade 5 Jazz	Miss Liliias	1:00-1:45	Grade 1 Jazz	Miss Alanah
2:00-2:45	Grade 3 Jazz	Miss Alessandra	1:45-2:30	Grade 1 Ballet	Miss Alanah
2:45-3:45	Grade 4 Tap	Miss Alessandra	2:45-3:30	Grade 3 Tap	Miss Alanah
3:45-4:45	Grade 4 Jazz	Miss Alessandra			
			SATURDAY – THIRD LOWER ROOM		
			8:30-9:00	Creative Movement (2.5-4yrs)	Miss Abby

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