

Shilleena's Dance Academy

2026 TIMETABLE

The start of 2026 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 2026 timetable commences on **Monday 2nd February 2026**. 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 the ages mentioned below relate to the age the student will be turning in 2026. Please contact me if you are unsure which level is the most appropriate for you / your child.**

Creative Movement is offered on Wednesday and 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** if they are turning 5 in 2026 and move into Level 1 if they are turning 6 in 2026.

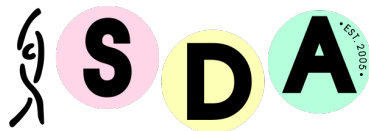
The **Level classes in Ballet, Jazz & Tap** (Level 1-Advanced Ballet, Level 1-10 Tap, Level 1-10 Jazz) are syllabus-based classes where we learn Southern Federation of Dance (SFD) technique (previously called 'Grade' classes). We learn the examination exercises and work on building techniques ready for 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 after assessments are complete.

Level 1 to Level 7 Ballet students, Level 1 to Level 4 Tap students, and Level 1 to Level 4 Jazz students automatically move up to the next level of classes in 2026 (unless otherwise advised by your teacher). For Level 7 Ballet students, the next level is Pre-Elementary Ballet. If you are in one of the major ballet Levels, or in tap and jazz classes Level 5 and above, you may stay in these levels for two years.

A note for current Level 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 have been assessed as ready to purchase pointe shoes while in Level 7 to work on the strength and technique required in their Pre-Elementary exam (this must be approved by your teacher before purchase).

To be eligible to work on pointe, students **MUST** do **BOTH** Level 7 Ballet classes **AND** the **Pointe Technique (syllabus students) class**. The Pointe Technique class is available to Level 7 Ballet and above students. This class focuses on technique and strengthening exercises and we have found it 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.



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If students decide to attend one Level 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.

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 four student **contemporary / lyrical** classes. **Intermediate Contemporary** (formerly Level 1) is for students turning 11 to 14 in 2026. **Sub-Senior Contemporary** (formerly Level 2) is for students turning 14 to 16, and **Open Contemporary** is for students turning 16 or older or who are also at a minimum Elementary level in ballet. **Advanced Lyrical** is for students 15 years and over with advanced ballet, contemporary and lyrical skills.

Advanced Cabaret is a Broadway-style class usually performed in heels. Classes teach heels technique and prepare our dancers for future industry endeavors. This class is for experienced dancers only.

Advanced Jazz is a new class teaching advanced jazz skills outside of the regular syllabus movements. It is strictly for students in levels 8 and above standard. This class pairs perfectly with syllabus classes to add the extra technique needed to master your skills.

Open Jazz and Tap Technique classes focus purely on jazz or tap technique. These classes will build on your strength focusing on the technique that will help improve your overall dance ability.

Acrobatics is for students aged 7+ and is split into two (previously 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.

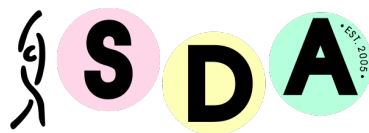
Street Jazz is a type of dance that combines jazz technique with the free-flowing style of hip hop. This funky style of dance is taught to classic & up-to-date pop music and is an ideal way to express your creativeness; find your groove; and accent sharp, strong body movements. The Junior class is for ages 6-11yrs, and the Intermediate classes is for dancers aged 11-15 years.

We have a new jazz class for Intermediate students who want to improve their skills in jazz technique – focusing on improving the foundations of turns, kicks & leaps this class will build your skills all year round! **Intermediate Jazz Technique** is for dancers aged 9 to 14 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.

Adults, from those who would like to start dance classes for the first time to those with extensive experience, are encouraged to join one of our adult classes. Choose from Beginner and Intermediate Classical Ballet, Beginner and Intermediate Tap, Open Adult Jazz, Open Adult Contemporary and Open Adult Cabaret.

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.



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MONDAY – YORK STREET UPSTAIRS			MONDAY – YORK STREET DOWNSTAIRS		
4:00-5:15	Beginner/Intermediate Acro (7+ yrs)	Miss Asha	4:00-5:15	Pre-Elementary Ballet (class 1)	Miss Alanah
5:15-6:30	Advanced Acrobatics	Miss Asha	5:15-6:30	Elementary Ballet (class 1)	Miss Alanah
6:30-7:30	Sub-Senior Contemporary (14-16 yrs)	Miss Liliias	6:30-7:45	Intermediate Ballet (class 1)	Miss Vanessa
7:30-8:45	Sub-Senior & Senior Performance	Miss Liliias	7:45-9:00	Advanced Ballet (class 1)	Miss Vanessa
9:00-9:30	Pas De Deux	Miss Vanessa			
TUESDAY – YORK STREET UPSTAIRS			TUESDAY – YORK STREET DOWNSTAIRS		
			3:30-4:15	Level 2 Ballet (1)	Miss Zoe
3:45-4:45	Intermediate Jazz Technique (9-14 yrs)	Miss Paige	4:15-5:00	Level 3 Ballet (1)	Miss Zoe
4:45-5:45	Combined Performance	Miss Paige	5:00-6:00	Level 5 Ballet (1)	Miss Zoe
5:45-6:45	Sub-Senior & Senior Performance	Miss Paige	6:00-7:00	Open Adult Contemporary	Miss Zoe
6:45-7:45	Commercial Jazz (15+)	Miss Paige	7:00-8:00	Open Adult Jazz	Miss Zoe
7:45-8:45	Advanced Lyrical (15+)	Miss Paige	8:00-9:00	Open Adult Cabaret	Miss Zoe
WEDNESDAY – YORK STREET UPSTAIRS			WEDNESDAY – YORK STREET DOWNSTAIRS		
9:00-9:30	Creative Movement (2.5-4 yrs)	Miss Abby			
			3:45-4:45	Level 6 Ballet (class 1)	Miss Zoe
4:30-5:45	Intermediate Ballet (class 2)	Miss Shilleena	4:45-5:45	Intermediate Contemporary (11-14 yrs)	Miss Zoe
5:45-7:00	Open Contemporary (16+ yrs)	Miss Shilleena	5:45-7:00	Pre-Elementary Ballet (class 2)	Miss Zoe
7:00-8:15	Advanced Ballet (class 2)	Miss Shilleena	7:00-7:45	Pointe Tech (Syllabus Students)	Miss Zoe
8:15-9:15	Level 9 Tap	Miss Shilleena	7:45-9:00	Elementary Ballet (class 2)	Miss Zoe
THURSDAY – YORK STREET UPSTAIRS			THURSDAY – YORK STREET DOWNSTAIRS		
4:00-5:00	Level 8 Jazz	Miss Paige	4:00-5:00	Intermediate Performance (class 1)	Miss Liliias
5:00-6:00	Level 7 Tap	Miss Paige	5:00-6:00	Intermediate Performance (class 2)	Miss Alanah
6:00-7:00	Level 9 Jazz	Miss Paige	6:00-7:00	Level 6 Ballet (class 2)	Miss Alanah
7:00-8:00	Advanced Jazz (15+ yrs)	Miss Paige	7:00-8:00	Level 8 Tap	Miss Alanah
8:00-9:15	Level 10 Jazz	Miss Paige	8:00-9:00	Advanced Cabaret	Miss Alanah
FRIDAY – YORK STREET UPSTAIRS			FRIDAY – YORK STREET DOWNSTAIRS		
			3:30-4:15	Junior Street Jazz (6-11 yrs)	Miss Emma
4:00-5:00	Level 7 (1 st Year) Jazz	Miss Liliias	4:15-5:00	Intermediate Street Jazz (11-14 yrs)	Miss Emma
5:00-6:00	Level 6 (2 nd Year) Tap	Miss Shilleena	5:00-6:00	Level 5 (1st & 2nd Yr) Tap	Miss Liliias
6:00-7:00	Level 6 (2 nd Year) Jazz	Miss Shilleena	6:00-7:00	Level 5 (1st & 2nd Yr) Jazz	Miss Liliias
7:00-8:00	Open Tap Technique (16+ years)	Miss Shilleena	7:00-8:00	Open Adult Beginner Tap	Miss Liliias
8:00-9:00	Open Jazz Technique (16+ yrs)	Miss Shilleena	8:00-9:00	Open Adult Beginner Ballet	Miss Liliias
SATURDAY – YORK STREET UPSTAIRS			SATURDAY – YORK STREET DOWNSTAIRS		
8:00-9:00	Open Pointe Tech & Ballet Conditioning	Miss Alanah			
9:00-10:00	Open Adult Intermediate Ballet	Miss Alanah	9:00-9:30	Creative Movement (2.5-4 yrs)	Miss Abby
			9:30-10:00	Foundation Jazz (5yrs)	Miss Abby
10:00-11:00	Open Adult Intermediate Tap	Miss Alanah	10:00-10:30	Foundation Tap (5yrs)	Miss Caitlin
			10:30-11:15	Foundation Ballet (5yrs)	Miss Caitlin
11:15-12:00	Level 2 Tap	Miss Alanah	11:15-12:00	Level 1 Tap	Miss Caitlin
12:00-12:45	Level 2 Ballet (class 2)	Miss Alanah	12:00-12:45	Level 1 Jazz	Miss Jess
12:45-1:30	Level 2 Jazz	Miss Alanah	12:45-1:30	Level 1 Ballet	Miss Jess
1:30-2:30	Level 5 Ballet (class 2)	Miss Alanah	1:45-2:30	Level 3 Tap	Miss Emma
2:30-3:30	Level 4 Tap	Miss Emma	2:30-3:15	Level 3 Ballet (class 2)	Miss Kairi
3:30-4:30	Level 4 Jazz	Miss Emma	3:15-4:00	Level 3 Jazz	Miss Kairi

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