




TERM 3 Week Commencing July 6th 2020

	Monday Wrights Road Community Centre – Function Room	Monday Kellyville Seventh Day Adventist Church	Tuesday Rouse Hill Public School	Saturday Rouse Hill Public School
Preschoolers	Miss Mel Tiny Tots 4pm – 4:30pm			Miss Carlee Tiny Tots 9:45am – 10:15am
5 – 6 years	Miss Mel Physie Syllabus 4:30pm – 5:15pm		Miss Mel Physie Syllabus 4:30pm – 5:15pm	Miss Carlee Physie Syllabus 10:15am – 11:00am
7 – 8 years	Miss Mel Physie Syllabus 5:15pm – 6:00pm		Miss Mel Physie Syllabus 5:15pm – 6pm	Miss Carlee Physie Syllabus 10:15am – 11:00am
9 – 10 years	Miss Mel Physie Syllabus 6:00pm – 6:45pm		Miss Mel Physie Syllabus 6pm – 6:45pm	Miss Carlee Physie Syllabus 11:00am – 11:45am
11 - 12 years	Miss Mel Physie Syllabus 6:45pm – 7:30pm		Miss Mel Physie Syllabus 6:45pm – 7:30pm	Miss Carlee Physie Syllabus 11:45 – 12:30pm
13 – 14 years		Miss Linda Physie Syllabus 6:00pm – 6:45pm		Miss Catherine Physie Syllabus 1:30pm – 2:15pm
15 yr - 1 st yr Senior		Miss Linda Physie Syllabus 6:45pm – 7:30pm		Miss Catherine Physie Syllabus 2:15pm – 3:00pm
2 nd yr – open Senior		Miss Linda Physie Syllabus 7:30pm – 8:30pm		Miss Catherine Physie Syllabus 3:00pm – 4:00pm
Novice Ladies			Miss Mel Physie Syllabus 7:30pm – 9pm	Miss Catherine Physie Syllabus 12:30pm – 1:30pm
Open Ladies		Miss Linda Physie Syllabus 8:30pm – 9:30pm		Miss Catherine Physie Syllabus 12:30pm – 1:30pm

	Description	Fees **Family Discounts apply
<p>Tiny Tots</p>	<p>Each week, they'll go on an adventure of imaginative movement to the soundtrack of beautiful movement. With nurturing teachers who encourage your little one by celebrating their progress and praising their growth, your child will smile every moment of the class. Through positive encouragement and engaging classes, children learn how to communicate through movement, music and performance, giving them the skills they need to thrive.</p> <p>Physie will teach your preschooler not only the joy of dance, but also the social skills they will need at school. Physie will give your daughter the strongest foundations to help her become a confident little girl.</p>	<p>\$50 per term for each class attended</p> <p>Total per annum \$200 for 1 class per week</p>
<p>Physie Syllabus</p>	<p>In the Physie Syllabus class you will learn and perfect the competition routines for the year ahead and prepare for individual and team competitions. Students will learn physie skills and positions as well as develop strength, flexibility, control and rhythm.</p> <p>Classes are fun and interactive and will support the development of social skills, discipline and teamwork.</p> <p>We recommend members 5 years – Ladies attend 2 Syllabus classes per week along with one or more additional classes from the list below.</p>	<p>5 yrs -15 yrs \$60 per term for each class attended</p> <p>Total per annum \$240 for 1 class per week</p> <p>Seniors & Ladies \$65 per term for each class attended</p> <p>Total per annum \$260 for 1 class per week.</p>
<p>Physie Fitness</p> <p>Incl. Ballet Basics for physie/Strength & Control for Physie</p>	<p>Develop the stamina and strength to perform the physie syllabus to the best of your ability. Focus on developing core and leg strength along with technical skills such as jumps, turns and balances.</p> <p>Work hard on your flexibility and earn awards for achieving milestones such as ability to do leg splits, balance challenges and turn combos.</p>	<p>TBA</p>
<p>Performance for Physie</p>	<p>The syllabus always looks its best with a good dose of performance and stage presence. This class will help you learn to perform different styles of dance and how to apply these performance skills to your physie syllabus.</p> <p>Learn a variety of routines from different dance genres such as lyrical, contemporary, jazz and musical theatre and use what you learn to bring the physie syllabus to life.</p>	<p>TBA</p>
<p>Marching Masterclass</p>	<p>Master correct posture, rhythm, strength, turnout, body control and fluid movement with this 10 week masterclass. In this class you will learn many physie fundamentals that will assist you to master your syllabus and improve your competition results.</p>	<p>TBA</p>