



# ABOUT DANCE INSPIRE DANCE STUDIO

A fun, encouraging and motivational environment is how our exceptionally experienced instructors teach dance here at DIDS. Our new recreational dance program is designed for students who want to take part in a dance journey without the demands of an intensive program. The focus is on fitness, fun and learning, rather than entertainment and the pressure of performing. All of our acro-dance instructors are trained through Acrobatics Arts and we follow the Acrobatics Arts Program to promote safe technique and progression in Acrobatic Dance.

Starts week commencing 18<sup>th</sup> July 2022



TIME	MON	TUE	WED	THU
9.15 am			TWIRLING TUTUS 2 - 4yrs	
3.45 pm			ACRO DANCE Beginners 5+ yrs	ACRO DANCE Beginners 5+ yrs
4.30 pm		ACRO DANCE Beginners 5+yrs	BALLET Open 5+ yrs	JAZZ FUNK Open 5+ yrs
5.15pm				ACRO DANCE Intermediate 8+ yrs

Note: No parent participation allowed in our dance classes



Serpentine Jarrahdale Community Recreation Centre

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Serpentine  
Jarrahdale





### **READY SET DANCE: 2 - 6 Years (No Parent Participation)**

READY SET DANCE as seen on Nick Jr. and 10 SHAKE is a one-hour combo class of jazz, tap, hip hop, singing and music. Designed for both boys and girls, the program focuses on teaching the fundamentals of dance while developing the 3 C's - Confidence, Coordination and Creativity in a professional and safe environment. You can also catch us on YouTube and the Nick Jr Play App. Pre-schoolers love to dance along to their favourite songs from the TV show in their classes every week. Compulsory uniform due to it being a licensed program.

### **TWIRLING TUTUS: 2 – 6 Years (Parent Participation Required)**

Does your child love to twirl around like a ballerina, then why not expand on that interest and enrol them into a much loved, fun, creative and structured ballet class. Not only will your child be learning to dance in this class but also, they will grow in confidence and co-ordination as well as professional dance training in a friendly atmosphere.

### **TINY TUMBLERS: 2 - 4 Years (Parent Participation Required)**

This fun-filled class is introducing children to participate in an obstacle style class using a variety of age-appropriate soft climbing equipment as well as learning the first stage of Acrobatics. With parent participation your child will learn to climb, use gross motor skills, and have fun jumping on our mini trampoline. Your child will also gain flexibility, strength, balance, and coordination in a fun environment.

### **ACRO DANCE: 5+ Years (Beginners, Intermediate)**

Fun class incorporating a massive range of fun acrobatic moves designed to stimulate and enthrall, building confidence, co-ordination, strength and fitness. Children will learn everything from Russian splits, back walkovers, roundoffs and handstands to cartwheels, forward rolls and much more. It is both athletic and creative, working on children's flexibility, strength, acro and techniques.

### **JAZZ FUNK: 5+ Years (Beginners, Intermediate)**

Funk Jazz is a fun, energetic style that teaches students technique including posture, flexibility, balance, strength and much more. In Funk Jazz class they will learn choreography to different pieces of music ranging from today's recent hits to Broadway musicals.

### **BALLET: 5+ Years (Beginners, Intermediate)**

Classical ballet is characterised by a standard vocabulary of steps, poses and graceful movements including pointed feet, rising, jumping, stretching and spinning. It is strengthening, disciplined and stylised. The class starts with exercises at the barre followed by work in the centre of the floor.

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