

# DANCE INC. ADELAIDE



2023 DANCE AND  
CHEER INFORMATION  
PACK

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# About Us

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Welcome to Dance Inc. Adelaide Dance & Cheerleading, this welcome information package has been created to give potential participants and their families all the important information regarding involvement in the sports within Dance Inc. Adelaide Dance & Cheerleading.

We offer classes for both the competitive and non-competitive students in both dance and cheerleading, with opportunities for classes beginning at the recreational level, continuing to state and elite national level competition.



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Dance Inc. Adelaide Dance & Cheerleading aims to focus on each child's learning to feel comfortable and express themselves through dance, cheerleading, music and movement as well as the importance of healthy exercise. Our classes allow students the opportunity to improve their co-ordination, balance and self-confidence in a safe, secure and supportive environment.

Dance Inc. Adelaide began in 2011, running an Early Childhood Development Dance program for ages 18 months up to 5 years. Due to the program's great success, in 2012, we met further demand to include school-age students; offering Cheerleading, Tumble, Hip Hop, Ballet, Lyrical/Contemporary, Jazz and Tap.

# CORE VALUES

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Dance Inc. encourages the passion of dancing and cheerleading, particularly as an avenue for personal growth and development at all stages of life, and as a means of finding a balanced lifestyle of fun and fitness. We achieve this through developing respectful relationships with one another and creating a positive and inspirational environment for our children to grow, develop, dance and cheer.

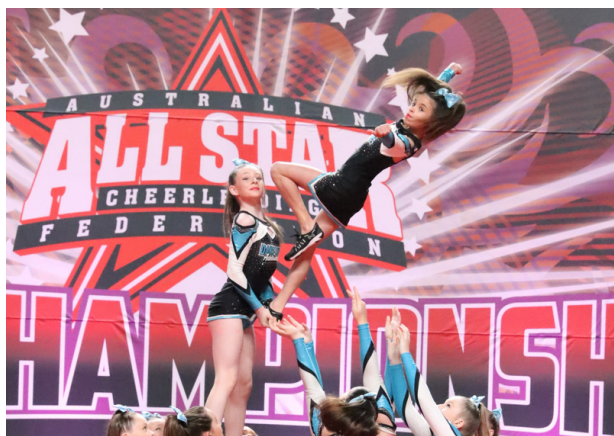


# STYLES WE OFFER



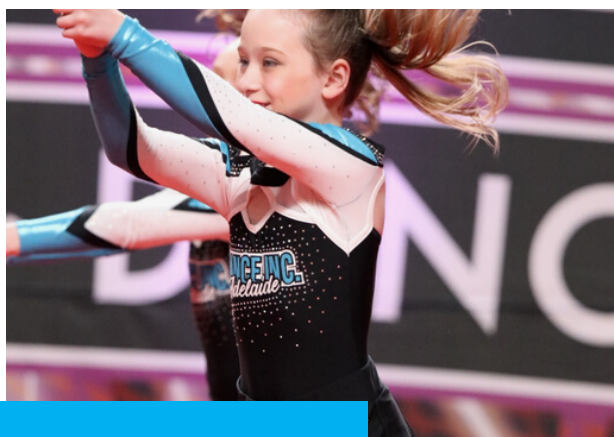
## EARLY CHILDHOOD DEVELOPMENT 18 MONTHS TO 6 YEARS

Our Early Childhood Development program introduces the Children to the love of dance. The many benefits from attending the Early Childhood Development Classes include improved self-confidence, co-ordination, listening, communication skills and extended concentration. This class gives the children an awareness of rhythm and beat and provides good group feelings. This class is taught in a fun, energetic and friendly environment with the use of ribbons, hula hoops, wands and lots of imagination. Tap is lots of fun for the children to develop confidence and express themselves in a different style of dance.



## CHEERLEADING 3 YEARS AND UP

Cheerleading is one of the fastest growing sports worldwide, nationally, and even in South Australia. Cheerleading is a diverse sport that caters for everybody involved – it doesn't matter what your body type or your age – there is something wonderful that every member brings to their team. Unlike other sports that favour one model of an ideal athlete, cheerleading welcomes everybody, and allows every student to bring their own diverse skills to the greater advantage of their team. Cheerleading at Dance Inc. Adelaide provides the opportunity to participate in Cheerleading & Tumble training. A Cheerleading routine combines stunting (lifts and tosses), pyramids (linked or combined stunts), tumbling (gymnastic elements such as cartwheels and walkovers) and dance to create a 2.5-minute routine of fierce teamwork.



## TUMBLE 5 YEARS AND UP

Skills Enhancement/Tumbling is a form of gymnastics that requires athletes to use their bodies to flip, twist, roll and jump. It is a main component of Cheerleading and can be used for progression with Dance. Classes are designed to suit skill levels and you will be guided by the Head Cheerleading Instructor as to the appropriate class for your child.

**This class is compulsory for all state and national competition CHEERLEADING athletes.**

# STYLES WE OFFER



## JAZZ/POM

3 YEARS AND UP

Jazz is sure to follow the energetic rhythm and beats of the younger classes, using a variety of props to enhance balance, spatial awareness, hand-eye co-ordination and body control in a safe and fun atmosphere, using fresh, modern songs.

A pom routine is a fast-paced dance routine, utilizing pom poms for visual appeal paired with high-energy jazz-style choreography to create a 2 minute 15 second routine.



## LYRICAL/CLASSICAL BALLET

5 YEARS AND UP

Our Lyrical/Ballet class begins to look further into the specific terminology used in this genre. It is suitable for children coming from the Ballet/Tap class as well as beginners and intermediate skill levels. We use a variety of traditional as well as modern music. We explore both the classical technique and lyrical story telling genre in this class, working towards a routine to present in the middle and end of year performances.



## HIP HOP

5 YEARS AND UP

In Hip Hop/Street dancing, we teach body movement and isolation for the Hip Hoppers to break it with lots of fun and fresh hip hop tunes. The class caters for a variety of ages and skill levels, with the aim to build a cohesive hip hop crew and group of friends. The students are always included in the development of skills and tricks learnt in class and working towards a routine to present in the middle and end of year performance.

# STYLES WE OFFER



## TAP

5 YEARS AND UP

Tap, is for a variety of levels as well as beginners Tap. We focus on introducing and developing tap techniques and terminology, mixing steps with traditional and modern musical rhythms. We still incorporate various props into class work, aiming to extend hand-eye co-ordination, rhythmic movement and overall balance and confidence in a safe and supportive manner. We work towards One to two routines for the middle and end of year performances.



## STRETCH & TECHNIQUE

5 YEARS AND UP

These classes focus on improving jumps, turns and overall technique through exercises developed to increase flexibility and improve stability and strength. Flexibility and technique are also a focus, ensuring each student is achieving this in a manner that is safe for their bodies and understanding the purpose behind warming-up and using proper technique when dancing.

**This class is compulsory for all state and national competition DANCE athletes.**



## PRIVATE LESSONS

SELECTION PROCESS

Private one-on-one, duo or trio tuition is available for students who wish to further their skills and interest in specific dance and cheerleading genres. This further commitment, expectation and challenge is working towards competing at local competitions as well as performing their routine/s at middle and end of year performances.

**Private lessons can only occur in partnership with a regular class being undertaken, not in place of. Any fees and/or outlying costs are separate to that of official classes.**

# STYLES WE OFFER



## DANCE EXAMS SELECTION PROCESS

Exams are a formal technique and terminology driven experience, set exercises and combinations outlined by the Commonwealth Society of Teachers of Dancing (C.S.T.D). Dance Inc. Adelaide currently offers classes for Jazz, Tap and Theatrical (Combination of Ballet, Tap and Modern/Jazz) examinations that take place in July & December of each year. A nationally acclaimed examiner heads the exam and provides constructive feedback and grading for each student, with the possibility of moving onto the next grade/level.

**This class can only be undertaken in conjunction with a class of the same genre.**



## POINTE PREP SELECTION PROCESS

The pointe preparation class develops and assess basic ballet technique, specific strength and mobility of the feet and ankles, turnout and core control in preparation for a student to go in pointe.

**This class can only be undertaken in conjunction with a Lyrical/Classical ballet class unless otherwise discussed with Dance Inc. Director and Pointe Prep instructor.**



## SPECIAL ABILITIES 8 YEARS AND UP

Dance Inc. Adelaide is an all-inclusive club and pride ourselves with a class for all-abilities being able to participate in a recreational or competition dance team. This class allows individuals with special needs, learning delays and other diagnosed medical conditions to allow them to follow the energetic rhythm and beats of the class to enhance balance, spatial awareness, hand-eye co-ordination and body control in a safe and fun atmosphere, using fresh, modern hits of the year. At Dance Inc. Adelaide we like to support the emotional development of our students as well as the physical.



# STYLES WE OFFER



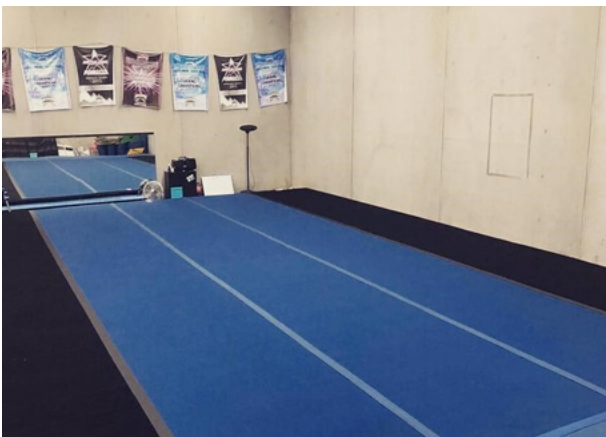
## ACRO 5 AND UP

This class will be offered as an extra curricular and will be based around acro skills. This time will be to focus on skills that are not able to be developed in the mainstream classes and use the flexibility of students to help learn new skills. Acro is the mix of acrobatic skills and dance, which required strong dance technique as well as athleticism. This includes learning skills such as rolls, cartwheels, bridges, walkovers, shoulder stand and handsprings.

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## LOCATION AND FACILITIES

Dance Inc. Location - Warehouse 1 - 5 Nucera Court, Green Fields SA 5107 our facilities host's two x Dance Studios - Studio 1 with fixed barre and mirrors and Studio 2 with fixed barre and portable mirrors with air-conditioning. A Large Cheerleading gym with a 5 run sprung floor, 12 metre air track, multiple tumbling shapes and a mini trampoline to provide our future stars the safety and support to reach their potential.



# AGE GROUPS CHEERLEADING

TINY  
3-6yrs

MINI  
5-9yrs

YOUTH  
8-12yrs

JUNIOR  
11-15yrs

SENIOR  
14-18yrs

OPEN  
14yrs +

	TINY	MINI	YOUTH	JUNIOR+
NOVICE	✓	✓		
LEVEL 1			✓	✓
LEVEL 2			✓	✓
LEVEL 3				✓

**Please note:** For students who wish to enrol after the April 30th each year; they may not have received the same training as other students, and as such, may not be ready for competitions - it can become a safety hazard if students have not had ample instruction time and have not built up the required fitness alongside their teammates. It is for this reason that late enrolments will be placed into the recreational team - and may only be asked to join a competition team that year at the discretion of the head instructors.

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# IMPORTANT INFORMATION CHEERLEADING

The last day to accept your position is Saturday 7th January.

Teams may change in the first month of classes.

- If some athletes do not accept their position on the team this will affect numbers of the team. This could result in teams being dissolved or adjusted.
- All athletes will be on a trial basis for the first month of training. If the coaches decide a different team would be a better fit for the cheerleader then Simone will speak with the parents and a change will be made.

Cheerleading is a team sport that demands a very high level of commitment. Your attendance needs to be a priority. Please refer to the attendance policy on page 22.

All competitions are compulsory and the three weeks of training before a competition is also compulsory.

Throughout the year there will be a few extra compulsory lessons. These include: Stunt clinic, and clean up clinics.

All teams will have a 'show-off' before their first competition and at the end of the year.

Within team's coaches will create stunt groups and assign positions, this will be done in the first few weeks of training and may change during the year. Coaches will do what is best for the both individual athletes and the team as a whole. Unfortunately, not everyone can do the position they want, please respect the coach's decision.

# UNIFORM AND COSTUMES

## CHEER UNIFORMS



All Cheer Students will be required to order and purchase a competition uniform

Tiny/Mini/Youth/Junior: \$300.00

Competition Bow: \$35.00

Make Up Kit: \$50.00

Safe Laces: \$13 (Compulsory as of 2023)

Note cheer uniforms are the same as 2022

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## CHEER SHOES



All competition Cheer Students will also be wearing black cheer shoes in 2023

It is parents responsibility to order the correct shoes in time for showoffs.

You can purchase ;

<https://www.nfinity.com/collections/cheerleading-shoes/products/flyte>

# AGE GROUPS DANCE

TINY  
4-6 Years

MINI  
5-9yrs

YOUTH  
8-12yrs

JUNIOR  
11-15yrs

SENIOR  
14-18yrs

OPEN  
14yrs +

	TINY	MINI	YOUTH	JUNIOR	OPEN
HIP HOP		✓	✓	✓	✓
LYRICAL		✓	✓	✓	
JAZZ/POM	✓	✓	✓	✓	✓
TAP		✓	✓	✓	

**Please note:** For students who wish to enrol after the April 30th each year; they may not have received the same training as other students, and as such, may not be ready for competitions - it can become a safety hazard if students have not had ample instruction time and have not built up the required fitness alongside their teammates. It is for this reason that late enrolments will be placed into the recreational team - and may only be asked to join a competition team that year at the discretion of the head instructors.

# IMPORTANT INFORMATION DANCE

The last day to accept your position is Saturday 7th January.

Teams may change in the first month of classes.

- If some athletes do not accept their position on the team this will affect numbers of the team. This could result in teams being dissolved or adjusted.

Dance is a team sport that required commitment. Your attendance needs to be a priority. Please refer to the attendance policy on page 22.

All competitions are compulsory and the three weeks of training before a competition is also compulsory.

All teams will have a chance to show off their routines at mid and end of year performances.



# UNIFORM AND COSTUMES

## TRAINING UNIFORM



All students can have their own set of the Dance Inc. club training uniform, which can be worn to each training. This includes a racer-back top OR crop top with shorts. Boys have a loose singlet and shorts. If the training uniform is dirty then you are required to wear club colours Blue, Black, White or Silver.

Training wear prices are as follows;

Racer \$65.00

Crop \$65.00

Crop T-shirt \$32.50

Shorts \$55.00

Sloppy Joe Jumper \$72.50

Club T-shirt \$55.00



Recreational students should wear clothing suitable to dance and cheer in club colours Blue, Black, White or Silver, such as leggings or bike/dance shorts, with a tight-fitting top/crop (as loose clothing can be distracting and hazardous whilst tumbling). Recreational students will require a club t-shirt (\$55) for performances and should wear this to class once they have received it.

For the safety of your child and their teammates, hair needs to be worn up and off the face, no jewellery is allowed (unless for medical purposes), and please keep your nails cut short.

## DANCE COSTUMES

All dance routines will have a costume – Jazz, Pom, Lyrical, Hip Hop, Pointe Prep and Tap;

·CHILD SIZE (Tiny/Mini/Youth): \$120.00 incl. GST

·ADULT SIZE (Youth/Junior/Senior): \$140.00 incl. GST

·Make up kit: \$50.00

·Stockings: \$28

ALL JAZZ COMPETITION TEAMS WILL CONTINUE WEARING BLACK JAZZ SHOES



## SHOES

Every child must have the appropriate footwear by their 5th class. The price for dance shoes varies due to the age of the child/size of the shoe and brand. Please do not wear shoes outside of the studio.

IN 2023 WE WILL CONTINUE TO USE **BLACK TAP SHOES.**



# 2023 FEE STRUCTURE

All Dance Inc. Adelaide Dance & Cheerleading students must have an annual AASCF Cheer & Dance Membership which includes genuine Personal Accident Insurance for the individual Cheerleader/Dancers. This is important not only for competition but also for all practices and performances.

The annual membership covers the student from the 1st of Feb 2023–1st March 2024. Dance Inc. Adelaide Dance & Cheerleading is an approved provider of the **South Australian Sports Voucher program**.

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## ANNUAL DANCE MEMBERSHIP

An Annual Membership Fee is due and payable upon enrolment. This is a non-refundable fee.

**Dance Inc. annual membership** is \$150 (inc GST) non- refundable, this includes;

AASCF Membership/Accident insurance

Administration annual fee

Equipment maintenance

(Sports Voucher can be applied to this fee)

2023 Athlete Gift

## ANNUAL CHEER MEMBERSHIP

**Dance Inc. annual membership** is \$150 (inc GST) non- refundable, this includes;

AASCF Membership/Accident insurance

Administration annual fee

Equipment maintenance

(Sports Voucher can be applied to this fee)

2023 Athlete Gift



# 2023 FEE STRUCTURE

## CLASS FEES

- 30-minute class is \$127 (inc. GST) per class/10-week Term.
- 45-minute class is \$145 (inc. GST) per class/10-week Term.
- 60-minute class is \$155 (inc. GST) per class/10-week Term.
- 1.5 hr class is \$176 (inc. GST) per class/10-week Term.
- 2 hr class is \$220 (inc. GST) per class/10-week Term.

**6 - or more classes (per student/athlete) excluding private tuition and/or exams is capped at \$613 (inc. GST) per 10-week Term. If you intend to enrol in more than 6 classes, please contact our administration staff via email: [admin@danceinc.biz](mailto:admin@danceinc.biz).**

10%-off sibling/second

## STATE COMPETITION ENTRY FEES

Entry to the four state competitions as outlined above total \$400.00. For students/athletes in additional routines you will be notified, and the fee is \$40-50 per additional routine.

## NATIONAL COMPETITION ENTRY FEES

Entry for the Elite teams to Nationals Competitions in November is \$100.00, with \$55 per additional routine as outlined in the 2023 Try-out team placement information.

## MUSIC FEES

A \$40.00 music fee per routine applies for all Competition Students in both Dance and Cheer per annum.

# 2023 FEE STRUCTURE

## CLINIC FEES

Compulsory Clinics will be held throughout the year for our State and National Teams, these will include but are not limited to Stunt Clinics, and Routine Cleanup Clinic. These will be charged as per the below:

1 Hour Clinic - \$20

1.5 Hour Clinic - \$25

2 Hour Clinic - \$30

3 Hour Clinic - \$40

## PRIVATE TUITION AND EXAM FEES

Private tuition and exam fees are advised upon enquiry and based on the number of students taking the class and the length of lesson required to ensure enough time to learn and practice the routines. The total fee also depends on how many routines are entered (as some students only do cheer OR dance, whilst others do both). Upon enrolment the total will confirmed.

## EXAM WORKSHOPS

Compulsory Exam Workshops will be held throughout the year, to prepare students for their exams. Prices are as follows:

1 Hour Workshop - \$20

2 Hour Workshop - \$30

# 2023 TERM DATES

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Please take note of the dates outlined below for the 2023 Cheer and Dance season. We will provide reminders through our social media channels and email of term dates, no classes due to public holidays and long weekend, competitions etc. However, it is also your responsibility to seek clarification from administration or management if you have any questions.



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**TERM 1** Monday, 30th January - Saturday, 15th April (11 Weeks)

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**PUBLIC HOLIDAY** - SA Only - Monday 13th March

**PUBLIC HOLIDAY** - Easter Weekend - Friday 7th April - Monday 10th April

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**TERM 2** Monday, 1st May - Saturday, 8th July (10 Weeks)

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**PUBLIC HOLIDAY** - Queens Birthday - Monday, 12th June

**CHEER STUNT CLINICS** - Saturday May 6th - In Studio

**DANCE & REC CHEER** - Mid Year Performance - TBA

**CHEER COMPETITION TEAMS** - Show Off's - Monday 19th June - Thursday 22nd June - in normal class times

**AASCF Winterfest Dance & Cheer Competition** - Friday 30th June - Sunday 2nd July - Titanium Arena

**CHEERCON Icebreaker** - Saturday 8th July - Sunday 9th July - Priceline Stadium

# 2023 TERM DATES



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## **TERM 3** Monday, 24th July - Saturday, 29th November (10 Weeks)

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**STATE CLEAN UP CLINIC** - Saturday 5th - Sunday 6th August - In Studio

**Aussie Gold - State Championship** - Saturday 19th - Sunday 20st August - Priceline Stadium

**Cheercon State Championships** - Saturday 9th September - Sunday 10th September - Priceline Stadium

**AASCF State Championships** - Friday 22nd - Sunday 24th September - Titanium Arena

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## **TERM 4** Monday, 9th October - Saturday, 16th December (10 Weeks)

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**Aussie Gold - Internationals** - Friday 3rd - Sunday 5th November - Adelaide Entertainment Centre

**NATIONALS CLEAN UP CLINIC** - Saturday 11th & Sunday 12th November - In Studio

**END OF YEAR CHEER SHOW OFFS** - Saturday 18th November - In Studio

**AASCF Nationals (National Teams Only)** - Thursday 23rd - 26th November - Melbourne Convention & Exhibition Centre

**END OF YEAR REHERSAL** - Saturday 9th December - Dance Inc. Studio

**END OF YEAR PERFORMANCE** - Sunday 17th December TBC

# TEAM PLACEMENT



Students are placed into teams according to their age and skill level. The age of your child for team placement is the age that they will be on December 31, 2023. For example, if your child is 13 years old on December 31, they will be in the Youth team. If, however, they will be 14 on December 31, they must be in the Junior team. Please ensure that you check this carefully at the time of enrolment and if you are unsure, please ask our senior administration staff or management.

## RECREATIONAL – REC ( ages 5 – 12 years)

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Do not participate in competitions. They only participate in Dance Inc. Cheer Show-offs and/or Dance Performances. Students who join Dance Inc. after 30 April 2023 may only join the recreational team, where they may be invited to then join a competition team.

## STATE COMPETITION (teams available for ages 4+)

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These teams participate in Dance Inc. cheerleading Show-offs and/or Dance Performance as well as 4x South Australian competitions. Students must complete the placement day to secure a place in a state team and are required to commit to the full dance program for the duration of the year.

If joining the club after placements, an individual placement session may be offered depending on prior experience and skill level.

## ELITE NATIONAL COMPETITION (Placement only)

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Dance Inc. also provides elite, placement-only teams. These teams participate in Dance Inc. cheerleading show-offs, 4x South Australian competitions, and compete at the AASC National Championships in Queensland during November 2023. Entries into the Elite National teams are by placement only.

## PARENTS IN CLASS

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We would like to encourage parents not to enter the Dance or Cheer studios during classes. We understand the uncertainty of some children with not having you in the room and will take it class by class. This is to minimise distraction and noise, so we encourage you to talk to your children about not be able to watch all the time and to encourage their independence. The coach may provide opportunities throughout the term to watch the routine in class time.

## PHYSICAL DEMANDS

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When selecting classes for your child please take into consideration the training schedule as a whole and consider the impact on their health and wellbeing. We want to ensure each lesson is a positive and energising experience that fuels their love and desire for Dance and Cheer.

**REMEMBER:** Muscular soreness is extremely common amongst dance & cheer students in their first few weeks of training or in the first few weeks of learning a new skill. They are likely learning very new skills and using their bodies in ways that they have not previously done, and with that, comes a gradual adaptation stage. Please communicate with us any issues or concerns that you have so we can ensure that your child is building up their confidence, strength and flexibility in a way that is safe and manageable for them as an individual.

## SOCIAL MEDIA

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Staff of Dance Inc. are under specific instructions not to “friend” or have contact with any under 18 aged athletes OR parents from the gym. Please respect this policy by not asking to add them to social media.

We also have a ZERO tolerance policy for ANY social media bullying. If we are sent screen shots of conversations where there is negative comments by any athlete, staff member or family member any who have been part of the conversation will result in removal from their team.

# ATTENDANCE

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Cheerleading and dance is a team sport that requires 100% commitment from all members. The routine and stunts do not work if even 1 person is missing, and we do not have reserves. We give you as much knowledge as possible in order to enable you to honour this commitment. All competition, show-off and compulsory dates are given before you sign up. Every year we have people ask for exceptions to be made, unfortunately this is not possible, as soon as we make an exception for one person, we have to make an exception for all. Please understand that this commitment policy is in order to look after the entire team.



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## **What to do if you're going to miss a lesson or be late?**

Please inform [danceandcheer@danceinc.biz](mailto:danceandcheer@danceinc.biz) or your coach as soon as possible. If you are missing training for a scheduled event, you must let us know before the start of Term. If you are sick or something very important comes up at the last minute, please let us know as soon as possible.

## **Acceptable reasons for missing a lesson**

- School camp or compulsory school function
- Death of a family member or close friend
- Wedding or similar important family event
- Vomiting or contagious sickness.
- Michelle or your coach must be notified.

## **Unacceptable reasons for missing a NON compulsory lesson**

- Injury - athletes must be at training watching
- Work - your cheer schedule will not change all year, schedule work around it
- Other sport commitments
- School Work - we understand that school is the priority, however you know when cheer is and you must manage your time.
- Transportation - it is your responsibility to find your way to class. If an extenuating circumstance arises and you can not make alternative travel arrangements to get to a class please communicate this to your coach or admin and we will try to assist you.

Where an athlete is missing training three times within a term they will be placed on probation and their spot on the team will be conditional to their attendance.

# PERFORMANCES AND SHOW-OFFS

Dance Inc. presents a mid-year performance Dance & Cheer, as well as an end of year performance (Dance & Recreational Cheer Only). These events provide an opportunity for athletes to participate in a laid-back and fun demonstration for family and friends, showcasing what they have learnt in a safe supportive environment.

Performances require all students participating to be at a technical and dress (with make-up, hair and costumes) rehearsal which is one practice on the lead up to the event, another on the morning of the event and the formal performance taking approximately 2-3 hours in the afternoon. This performance opportunity is also for those who do not wish to participate in competitions perform their routine, as well as building confidence with fellow athletes by performing their routines in front of a familiar crowd.

## PERFORMANCES & SHOW-OFFS

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# MERCHANDISE



Crop Top - \$65

Shorts - \$55



Racer Back - \$65

Shorts - \$55



Jersey - \$60

Jersey + Name - \$65



Sloppy Joe Jumper - \$73

# MERCHANDISE



Hooded Blanket - \$75



Cropped T-shirt - \$33



Hooded Jacket - \$73



## Extras

Club T-shirt - \$55

Backpack & Name - \$65

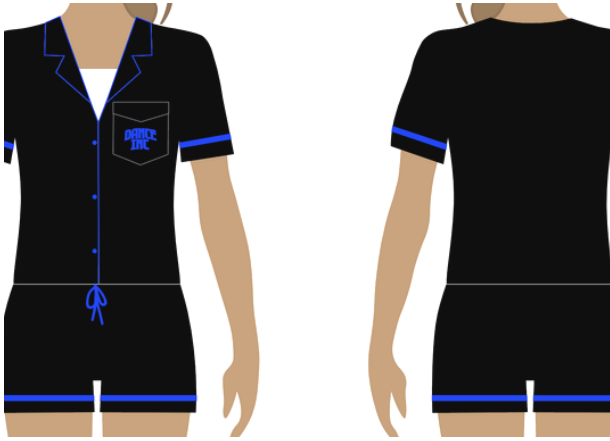
Sportsbag & Name - \$65

# MERCHANDISE



Dance Inc. Drink Bottles  
- \$15

Custom Name Sticker - \$5



Dance Inc. PJ's - \$55



Garment Bag - \$60

# 2023 TIMETABLE

This is Subject to Change depending on registration/class numbers

## MONDAY

CHEER GYM		STUDIO 1		STUDIO 2	
5:30 – 6:30pm	Level 2 Tumble	4:00 – 5:30pm	Duos		
6:30 – 8:00pm	Level 2 Cheer	5:30 – 6:30pm	Level 1 Tumble		
		6:30 – 7:30pm	Junior Jazz/Pom		
		7:30 – 8:00pm	Junior/Open Stretch and Technique		
		8:00 – 9:00pm	Open Jazz		

## TUESDAY

CHEER GYM		STUDIO 1		STUDIO 2	
4:00 – 5:30pm	Level 1 Cheer	5:15 – 6:15pm	Junior Novice Lyrical/Jazz		
5:30 – 6:30pm	Level 3 Tumble	6:15 – 7:00pm	Youth Novice Hip Hop	5:30 – 6:30pm	Level 1 Tumble
6:30 – 8:30pm	Level 3 Cheer	7:00 – 7:45pm	Junior Novice Hip Hop	6:30 – 7:00	Flyers Class
		7:45 – 8:30pm	Senior Nat Novice Hip Hop		

## WEDNESDAY

CHEER GYM		STUDIO 1		STUDIO 2	
4:00 -5:30pm	Novice Level 1 Cheer	4:00 – 4:45pm	Youth Novice Lyrical	4:00 – 4:45pm	Tinies Ballet/Tap
5:30 – 6:30	Novice/Level 1 Tumble	4:45 – 5:45	Youth Novice Jazz/Pom	4:45 – 5:15pm	Primary Classical Exam
6:30 – 7:00	Flyer Class/ Junior Acro	5:45 – 6:15pm	Stretch and Technique	5:15 – 6:15pm	Grade 4 Classical Exam
7:00 – 7:45	Youth Acro	6:15 – 7:00pm	Youth Lyrical	6:15 – 7:00	Exam Classes
		7:00 – 7:45pm	Junior Lyrical	7:00 – 7:30	Duo
		7:45 – 8:30pm	Open Pom		

# 2023 TIMETABLE

This is Subject to Change depending on registration/class numbers

## THURSDAY

CHEER GYM		STUDIO 1		STUDIO 2	
4:00 – 5:00pm	Level 2/3 Tumble	4:15 – 4:45pm	Exam Private		
5:00 – 6:30pm	Level 2 Cheer	4:45 – 5:30pm	Youth Tap		
6:30 – 8:30pm	Level 3 Cheer	5:30 – 6:15pm	Junior/Senior Tap	6:30 – 7:00pm	Flyer Class
		6:15 – 7:15pm	Classical Technique		
		7:15 – 8:00pm	Pre-Pointe		
		8:00 – 8:40pm	Exams		

## SATURDAY

CHEER GYM		STUDIO 1		STUDIO 2	
9:00 – 9:30am	Tiny Dance	8:30 – 9:00am	Duo		
9:30 – 10:00am	Tiny Cheer	9:00 – 10:00am	Youth Jazz/Pom		
10:00 – 11:00am	Rec Cheer	10:00 – 11:00am	Mini Novice Jazz/Pom		
11:00 – 11:45am	Rec Tumble (New depending on numbers)	11:00 – 11:30am	Mini Stretch & Technique		
		11:30 – 12:15pm	Mini Novice Lyrical		
		12:15 – 12:45pm	Mini Acro (New depending on numbers)		
		12:45 – 1:30pm	Rec Dance (New depending on numbers)		

# CONTACT US



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