

Hello from C3Dance studio!

The studio is warming up for 2010 with exciting new classes, performances and training opportunities.

This year C3Dance Studio will be offering dance classes within three categories:

- Group Fitness
- Dance Classes and
- Senior Dance Courses through Ignition Training College (ITC)

All courses are held in the C3Dance Studio situated up the stairs near the church café.

All students are required to complete the enclosed application/enrolment form prior to commencing a class for the first time during 2010.

GROUPFITNESS

Classes run for 6 consecutive weeks commencing 22nd February.

Mums and Bubs Fitness

Bring along your baby for this interactive, low intensity workout that will keep you fit and feeling confident. No previous dance experience is required.

When: Friday mornings 9:30 – 10:30am

Instructor: Tracy Ferguson

Cost: \$15 per class payable in cash on the day or *save \$30 by prepaying* for the 6 week course for \$60.

Kinda Dance:

An action packed, fun dance class for active toddlers aged 2 – 4.

Parents, bring your toddler for socialising, physical coordination and creative stimulation.

When: Wednesday morning 9:30 – 10:30am

Instructor: Anna Mirams

Cost: \$15 per class payable in cash on the day or *save \$30 by prepaying* for the 6 week course for \$60.

Youth Boot Camp:

Designed for youth in grade 8 and onwards. Come ready to get fit fast.

When: Tuesday and Thursday mornings 7 – 8am

Cost: \$15 per class payable in cash on the day or *save \$30 by prepaying* for the 6 week course for \$60.

Six Week Intensive Class - Zumba:

Starting with Zumba, high intensity dance movements designed to increase fitness in a fun and energetic environment. No previous dance experience required.

When: Thursday evenings 7:30 – 8:30pm

Instructor: Anna Mirams

Cost: \$15 per class payable in cash on the day or *save \$30 by prepaying* for the 6 week course for \$60.

Stretch & Strength:

This comfortable workout combines the best of pilates, yoga and core muscle exercise to improve your tone, posture and flexibility. Stretch and strength is a sort after class by women with a desire to be fit without unnecessary strain on their bodies.

When: Monday evenings 7 – 8pm or Friday mornings 10:30 – 11:30am

Instructor: Tracy Ferguson (Friday morning class).

Cost: \$15 per class payable in cash on the day or *save \$30 by prepaying* for the 6 week course for \$60.

Childminding: Due to the nature of this class, childminding will be available at the cost of \$2 per child payable on the day. Please provide a bag containing any necessary items of food, drinks, nappies etc that your child will require during this session.

DANCECLASSES

Classes run for 7 consecutive weeks commencing 15th February.

Enclosed enrolment forms need to be completed for these courses and all fees are *nonrefundable* once payment is made.

Little Swans Ballet:

A delightful dancing experience for all aspiring ballerinas from prep to grade 2.

Parents are welcome.

When: Saturday mornings 9 – 9:45am

Instructor: Anna Mirams

Cost: \$70 due payable within the first week of the course.

Street:

An intense combination of hip-hop, krumping, popping and other street dance styles. This class will work towards choreographed pieces for C3 Youth. Only a willingness to move and learn is required.

When: Monday evenings 6 – 7pm

Instructor: Tara Kingi and Bek Prior

Cost: \$70 due payable within the first week of the course.

Youth Extension Ballet:

Young teen dancers training for a career or high level in ballet performance and technique. This class is based on an application process and is designed to prepare students for senior dance and master classes.

When: Tuesday and Thursday evenings 5 – 6pm

Instructor: Belinda Warman and Briony Bermingham

Cost: \$105 for 7 weekly classes or attend twice a week for \$175 at a *saving of \$70* due payable within the first week of the course.

Master Class Pointe Extension:

Prerequisites for this class include a high level of dance experience and entry into senior ballet.

When: Thursday evenings 6 – 7:30pm

Instructor: Briony Bermingham

Cost: \$140 for 7 classes due payable within the first week of the course.

Senior Dance Courses through Ignition Training College (ITC)

All admissions into classes through Ignition Training College are by audition only.

For further detailed information or queries regarding these classes and fees, please contact the Ignition Training College directly on 3500 9988.

Senior Classical Ballet Technique:

A high level technical class for experienced ballet students. This class qualifies students with a certificate of attainment and can be used as a bridging course into the certificate or diploma of dance.

When: Tuesday evenings 6 – 7:15pm

Instructor: Belinda Warman

Senior Contemporary Technique:

A high level technical class for experienced dance students.

When: Tuesday evenings 7:30 – 8:30pm

Instructor: Belinda Warman

Senior Choreography:

Choreography training for performance and instruction.

When: Tuesday evenings 8:30 – 9:30pm

Instructor: Belinda Warman

Looking forward to seeing you at C3Dance studio in 2010!

Anna Mirams

C3DANCE STUDIO DIRECTOR