



Shilleena's Dance Academy

## Charity Dance Workshop

Our Workshop is a great opportunity to have some fun & raise money for a good cause at the same time! All profits from this workshop will be donated to charity Alannah & Madeline Foundation who champion and strengthen the rights of children and young people to live free from violence and trauma.

Everyone is encouraged to do every class even if it's not a style that you usually do. Intermediate level is for ages 8-12yrs (grade 3-6 in dance) and Senior level is for ages 13 & up (grade 7 & up in dance). It is just **\$125** for the full day of classes. So why not come along to our fun dance workshop on **Thursday 16<sup>th</sup> January 2025** at our SDA studios!

UPSTAIRS			DOWNSTAIRS		
TIME	CLASS	LEVEL	TIME	CLASS	LEVEL
10.00-11.00am	Ballet & conditioning	Senior	10.00-11.00am	Broadway Jazz	Intermediate
11.15-12.15pm	Open Cabaret Jazz	Senior	11.15-12.15pm	Ballet & conditioning	Intermediate
12.30-1.30pm	Acrobatics	Senior	12.30-1.30pm	Tap	Intermediate
1.30-2.00pm	LUNCH BREAK				
2.00-3.00pm	Acrobatics	Intermediate	2.00-3.00pm	Tap	Senior
3.15-4.15pm	Commercial Jazz	Senior	3.15-4.15pm	Contemporary	Intermediate
4.30-5.30pm	Contemporary	Senior	4.30-5.30pm	Street Jazz	Intermediate

### What to bring:

- \* all dance shoes (Ballet, Tap, Jazz, sneakers, socks, Cabaret, intermediates bring Character shoes or Jazz shoes for Broadway Jazz) – if you don't have any of these just whatever you have is fine)
- \* wear dance clothes (crop-top, leggings, shorts, leotard, singlets – whatever you are comfortable dancing in, you don't have to change clothes between classes so wear something you are comfortable doing all styles in, no need to wear a leotard for ballet 😊)
- \* a water bottle
- \* food for snacks & lunch (there is a 15min break between each class to snack/rest/cool off and 30mins for lunch – we have a fridge & microwave you are welcome to use but we don't have plates/cutlery so please bring what you need & use the bins provided to dispose of any rubbish)
- \* towel to wipe the sweat & you may also use it to lie or sit on it at lunchtime 😊

If you have any questions, please just contact me,

Can't wait to see you all there!!

Yours through dance

*Miss Shilleena*

**P 0439 763 082** • E [sda@shilleenasdanceacademy.com.au](mailto:sda@shilleenasdanceacademy.com.au) • W [shilleenasdanceacademy.com.au](http://shilleenasdanceacademy.com.au)