

# BACKSTREET DANCE

## TIMETABLE: Term 3, 2010

DAY / TIME	CLASS	TERM PRICE <small>Prices are per student</small>	FAMILY PRICE <small>(2 or more students in immediate family) Prices are per student</small>
<b>MONDAY</b>			
3.30pm - 4.30pm	Junior Jazz/Funk 5-7yo	\$150	\$140
4.30pm - 5.30pm	Preteen Funk 10-12yo	\$150	\$140
5.30pm - 6.30pm	Boys Hip Hop 10-12yo	\$150	\$140
6.30pm - 7.30pm	Preteen Jazz 10-12yo	\$150	\$140
7.30pm - 8.30pm	Adult Fun & Fitness - Funk/Hip Hop Beg/Int	\$150	\$140
<b>TUESDAY</b>			
3.30pm - 4.30pm	Junior Jazz/Funk 7-8yo	\$150	\$140
4.30pm - 5.30pm	Junior Jazz/Funk 8-10yo	\$150	\$140
5.30pm - 6.30pm	Teen Jazz Beg/Int	\$150	\$140
6.30pm - 7.30pm	Teen Funk Beg/Int	\$150	\$140
7.30pm - 9.00pm	Teen/Adult Contemporary Beginner	\$185	\$175
<b>WEDNESDAY</b>			
3.30pm - 4.30pm	Junior Jazz/Funk 5-7yo	\$150	\$140
4.30pm - 5.30pm	Junior Jazz/Funk 8-10yo	\$150	\$140
5.30pm - 6.30pm	Teen Funk Advanced*	\$150	\$140
6.30pm - 8.00pm	Teen Jazz Advanced*	\$185	\$175
8.00pm - 9.00pm	Adult Performance - Funk/Hip Hop Int	\$150	\$140
<b>THURSDAY</b>			
3.30pm - 4.30pm	Junior Hip Hop Beg/Int 8-10yo	\$150	\$140
4.30pm - 5.30pm	Junior Hip Hop Adv 8-10yo	\$150	\$140
5.30pm - 6.30pm	Preteen Hip Hop 10-12yo	\$150	\$140
6.30pm - 7.30pm	Teen Hip Hop Beg/Int	\$150	\$140
7.30pm - 8.30pm	Teen Hip Hop Advanced*	\$150	\$140
<b>FRIDAY</b> (**no classes on Cairns Show Day 23 July)			
3.45pm - 4.30pm	Prejunior Hip Hop 4-5yo	\$125	\$120
4.30pm - 5.30pm	Junior Hip Hop 6-8yo	\$150	\$140
5.30pm - 6.30pm	Preteen Hip Hop 10-12yo	\$150	\$140
6.30pm - 7.30pm	Zumba® Basics Open age group (min of 13yo)	—	\$10 casual^ —
<b>SATURDAY</b>			
8.30am - 9.00am	Teeny Tots Jazz 3yo	\$105	\$100
9.00am - 9.45am	Tiny Tots Jazz A 4yo	\$125	\$120
9.45am - 10.30am	Tiny Tots Jazz B 4yo	\$125	\$120
10.30am - 11.30am	Prejunior Jazz A 5-6yo	\$150	\$140
11.30am - 12.30pm	Prejunior Jazz B 5-6yo	\$150	\$140
12.30pm - 1.30pm	Prejunior Jazz C 5-6yo	\$150	\$140
1.30pm - 2.30pm	Junior Jazz 6-7yo	\$150	\$140
2.30pm - 3.30pm	Junior Jazz 7-9yo	\$150	\$140
3.30pm - 4.30pm	Preteen Jazz 10-12yo	\$150	\$140
4.30pm - 5.30pm	Junior Hip Hop 6-8yo	\$150	\$140

**Note:** Backstreet Dance reserves the right, if required, to change class times, prices, change teachers, or cancel classes if necessary. If this is the case – notice will be given. If a class needs to be cancelled due to a natural disaster or unexpected catastrophe, an extra class may or may not be provided, pending availability.

\* At least 1 year dance experience in this style is required to join these classes.

## TERM FEES

Fees remain the same throughout the year, whether it's a short term or long term.

**CURRENT STUDENTS:** Full Fees are due in advance (before the start of a new term) to secure your place.

**NEW STUDENTS:** Fees are due in the 2nd week of the term after trying the first class.

Term fees include 10% GST and are non-refundable (including missed classes).

## 2010 DANCE TERMS

**TERM 1:** Sat 30 Jan - Sat 27 March

**TERM 2:** Mon 12 Apr - Sat 19 June

**TERM 3:** Mon 12 July - Sat 11 Sept

**TERM 4:** Mon 4 Oct - Sat 4 Dec

## PUBLIC HOLIDAYS

\*\* All classes will be cancelled on all public holidays. However classes will be made up either at rehearsals or as an extra class. Please refer to your recent newsletter for more details.

## END OF TERM PRODUCTIONS

**TERM 1:** Saturday 27 March

**TERM 2:** Sunday 20 June

**TERM 3:** Sunday 12 September

**TERM 4:** Sunday 5 December

## NEWSLETTERS

Each term, newsletters are sent home with the students to inform parents of coming events and other important information.

## NEW STUDENTS

New students have the opportunity to trial the first class at no charge (pending availability). Call / Email Backstreet to determine the availability of your preferred class.

- Bookings are compulsory - walk ins are not acceptable.

- You are required to complete an enrolment form before you enter the class.

^Note: Free trial does not apply to Zumba® classes. Casual fee must be paid before entering the class. Zumba students can start at anytime throughout the term.

New students for all other classes can only begin during the first 2 weeks of each term.

## TEACHERS

**TEACHERS:**

Deborah  
Rebecca  
Natasha  
Donny

**ASSISTANT TEACHERS:**

Lelani  
Briony  
Emily  
Taylah  
Alanna  
Chelsea  
Taylah-lee  
Dylan

**Director:** Deborah Storer **Tel:** (07) 4035 5838 (studio hrs only) **Studio:** 44 Morehead Street, Bungalow **Email:** info@backstreetdance.com.au

**Mobile:** 0407 995 182 **Fax:** (07) 4034 3216 **Postal:** PO BOX 275, Bungalow QLD 4870 **www.backstreetdance.com.au**

# CLASS DESCRIPTIONS

## **Backstreet Dance is infused with passion right from the word go!**

- The atmosphere is vibrant and warm – you will feel being a part of something extraordinary.
- The classes are fun, funky and beaming with positivity.
- The music and the moves are infectious.
- The students are bursting with enthusiasm - eager to be immersed in this positive energy continuously and perform at the end of every dance term – which is not compulsory, but 99% choose to perform because it is so rewarding on all levels.
- There are no exams, eistedfords or competitions. The vision is to improve confidence, get fit, have fun, make friends and most importantly – feel good about yourself, inside and out!
- All students are encouraged to treat dance as part of a balanced lifestyle, with school work, social life and leisure being of equal priority.

## **All classes contain 3 important elements:**

- 1. Fun Fun Fun** – the importance is on complete enjoyment. Dance releases a fire within you where you absolutely come alive – it's an incredible feeling!
- 2. Positive and Encouraging** – the aim is to bring out the best in each student, therefore classes are held in a nurturing, uplifting environment.
- 3. Achievement** – this is not in the form of exams or eisteddfords, but rather through achieving your personal best, whether it be with expression, self-acceptance, confidence, technique, flexibility, strength, stage presentation, energy, etc.

## **CLASS STANDARDS**

You will find that all dance schools have different standards and titles for the names of their classes. Please trust that we will monitor your child/self to be in the correct class for their age and skills. We will only advance students to the next level if the class is age appropriate or can show capacity to achieve, without risk of injury or embarrassment.

## **TINY TOTS & PRE-JUNIOR (4-5 yo)**

This class is like a dance party for kids. Filled with expression, characters, energy and fun. It involves music they crave to dance to, from Hi5, The Wiggles, S Club 7. Its aim is to learn dance through games, lyrics, combinations, formations, basic dance moves and choreographed routines. Balance, body co-ordination, flexibility, memory and strength are weaved throughout the term. Your child will walk out buzzing with smiles, energy and confidence. The style includes a mixture of jazz and funk! Ages: Tiny Tots = 4 years old; Pre Junior = 5 years old.

## **JAZZ**

Sometimes seen in musicals, video clips and commercials. This style is full of expression, big moves, flexibility and co-ordination. It can range from street jazz, cabaret jazz to contemporary jazz. Moves include jazz turns, jumps, splits, kicks and gallops. The class includes a warm up, across room combinations, flexibility/co-ordination exercises, technique and learning a series of routines. It also includes correcting posture, balance, enhancing style, timing, strength, improving memory, positive teamwork and self-acceptance. You will walk out taller, beaming with confidence, buzzing with energy eager to come back. You'll love it!

## **FUNK**

Funk is a style that is in between Jazz and Hip Hop - you get a bit of both genres. This class has attitude! You will be immersed in the latest moves and music from video clips such as Christina Aguilera, Beyonce, Rihanna and the such. It's all about hitting the moves on time including the 3 E's that make funk dance popular: Emphasis, Expression and Energy. Once this style of dance gets in your blood, it will have you moving and grooving through life with a new edge and loads of enthusiasm.

## **HIP HOP**

Find out what all the hype is about with hip hop. You'll learn to move in a new challenging style, just like the famous music stars and performers such as Michael Jackson, Black Eyed Peas, Pitbull, Chris Brown, Ciara and Justin Timberlake. You'll jam it out and have loads of fun! You'll be surprised at what your body can do when you get into it.

Hip Hop is a broad term that can include popping, locking, breakdancing (except for adults), house, moonwalking, waving, old school hip hop, etc. It's a popular style and one that has you sweating - you'll feel pumped after a class of Hip Hop. A great way to express yourself.

NOTE: You might see something on TV, and think that Hip Hop is just one style, expecting your Hip Hop teacher to dance the same way, but it may be different. Therefore note that every teacher has his/her own personal style.

## **CONTEMPORARY**

This style is like jazz and ballet mixed together. It's a technically based class, suitable for the beginner. It can be fluent, expressive, abstract and lyrical. A great class to sink your body into.

## **ZUMBA®**

It's a latin inspired dance fitness class. It incorporates fast and slow rhythms integrating aerobic interval and resistance training, in a high energy fun atmosphere. You'll love this zumba dance class.

## **ADULT FUN & FITNESS** (all ages and abilities welcome)

Sick and tired of boring old exercise regimes? Need a great stress release? This class is passionately fun, it's pumping with fitness and has you walking out feeling exhilarated! A great addition to your adult life! It includes 2-3 warm up songs that get your blood pumping, stretching, basic dance moves that provide balance and strength and a progression of dance steps that provide co-ordination and loads of giggles along the way. Then it moves into learning a routine, which is different every class, all broken down slowly then put together ready to dance it out with some high energy music. It ends with a refreshing cool down through a series of stretches, breathing and posture alignment. You'll walk out feeling strong, empowered and buzzed. You have a choice of Jazz or Funk/Hip Hop (or like some - do both styles).

## **ADULT PERFORMANCE**

(these classes suitable for Intermediate to Advanced level)

You can choose from 2 genres (or as some love to do - both!): Jazz Performance or Funk/Hip Hop Performance. It consists of learning a series of routines, adding them on each week, practicing them to produce a complete act. It will provide you confidence, style and expression. It includes warm up, basic technique, group formations, stage preparation, costume ideas, getting out of your comfort zone and loads of fun, friends and great times.

## **Tips for New Students**

Get ready to have the time of your life. Dance is something, that once you get in your system, you can't get enough of. It's infectious, it's energising and it's sooooo much fun! A few things to note in your initial stages of dancing:

- 1.** Ask the Teacher if you are unsure about anything. We are here to support and encourage you to enjoy yourself and progress.
- 2.** Understand it's okay to feel uncomfortable or awkward in your first few classes – it's all part of learning something new. The more you practice, the easier it will become. Be kind to yourself.
- 3.** Do not compare your style or progress to others. Accept you have a unique style and that's what makes you YOU! The best way to progress is to monitor your own progress – as long as you are improving from the last time you danced – you can be proud.
- 4.** Inform the Teacher if you feel you are in an unsuitable class for your ability.
- 5.** Inform the Teacher/reception of any possible injuries.
- 6.** Listen to your body – do what is comfortable for your body. We all have different levels of flexibility, strength and mobility. Be aware of what your level is – stretch a little beyond that so you improve – but know what your limit is.

## **Dance Practice CDs**

Every term, a CD is produced that includes all the performance songs for each class. This CD has been hugely beneficial for students because practice = confidence. They are available at reception for \$5.

## **Why is Jazz important?**

Jazz teaches you the technique that other styles do not - correct posture alignment, presentation, balance, flexibility, etc. It provides a solid foundation for great posture and fitness.

## **How do I enrol?**

- 1.** Choose a class that is suitable for your age group, ability and preferred style.
  - 2.** Phone or email the Backstreet office to determine the availability for that class. If there is - fantastic - please complete and submit an ENROLMENT FORM to secure your spot. Walk ins are not accepted due to limited number of students for each class.
  - 3.** Come and trial your first class to see if you enjoy it. If you do - term fees will be due in your second class.
- Note: If you are already a Backstreet student - fees are due in advance to secure your spot. Only new students have the chance to trial the first class at no charge.