

# Term 3 2024

Commences  
29 April 2024

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
9:30am	Mixed Levels			
10:30am	Dance			
5:45pm	Intermediate	Beginner	Training	Advanced Open
		Lyra - Intermediate		
6:45pm	Pre Advanced	Advanced	Dance	Dance Technique
7:30pm				Contemporary Dance
7:45pm	Elementary	Intermediate	Elementary	
	Lyra - Beginner	Core & Flex		

# Pricing & Enrolment

- 1 class per week: \$23
- 2 classes per week: \$19 each
- 3 classes per week: \$17.50 each
- 4 classes per week: \$16 each
- Casual classes: \$25 per class

## Payment options

You have 2 options when paying for your classes: pay up front at the time of booking, or have your payment deducted weekly or fortnightly over the course of the 8 week term (incurs a \$20 fee).

If you would like to book via the payment plan option, please email us at [info@adorepole.com.au](mailto:info@adorepole.com.au) with the classes you would like, and your weekly or fortnightly preference.

## Enrolment

Enrolments will open in 2 stages: current students, followed by new students. Current students can enrol from Monday 15 April 2024, and new students from Monday 22 April 2024.

# Class information

## **Levels - Pole and Lyra**

Our level based program caters for beginner students through to advanced students. As you become more advanced in your training, you will progress through the levels system: Beginner - Elementary - Intermediate - Pre Advanced - Advanced - Advanced Open

## **Dance & Contemporary Dance**

Join us each term for a new routine! Learn fun choreography and performance skills while getting a great workout. Socks and knee pads are essential. Pole heels are recommended for Dance, but optional.

## **Training**

Got some tricks to work on? Join us for this weekly training session for some additional practice time. All levels are welcome to attend.

## **Dance Technique**

This class will focus on foundational dance skills, technique enhancement and dance conditioning. This class will help you build strength, stability and mobility.

## **Core & Flex**

Start with core-strengthening exercises to build a solid foundation, then transition into a rejuvenating stretch session to enhance your flexibility.

## **Free Training**

Throughout the term there will be 3 FREE training sessions on a Saturday morning. Keep your eyes peeled for these dates!. You must be enrolled in a levels class to attend these classes.

## **Add on classes**

Use these \$12 add on classes to enhance your training. These classes are Dance Technique, Core & Flex and Training. Classes must be booked for a full term to receive the add on price.