

SCHEDULE TERM 2 – 2022-2023

5+ YRS BEGINNERS CLASSES

TDP
ACRO DANCE

<u>DAY</u>	<u>STYLE</u>	<u>LEVEL</u>	<u>TIME</u>	<u>WEEKS</u>	<u>PRICE PER TERM INCL. VAT EARLYBIRD – BOOKED AND PAID BEFORE 3rd DECEMBER</u>	<u>PRICE PER TEM INCL. VAT</u>	<u>FIRST CLASS</u>	<u>LAST CLASS</u>	<u>CLASS DATES</u>
WEDNESDAY	ACRO DANCE KINGS AL BARSHA	LEVEL 1	16.45-17.45	12	1135 AED	1260 AED	4 th Jan	22 nd March	Jan 4/11/18/25 Feb 1/8/15/22 March 1/8/15/22
WEDNESDAY	ACRO DANCE KINGS AL BARSHA	LEVEL 2	16.45-17.45	12	1135 AED	1260 AED	4 th Jan	22 nd March	Jan 4/11/18/25 Feb 1/8/15/22 March 1/8/15/22
SUNDAY	ACRO DANCE NORD ANGLIA	LEVEL 1	09.30-11.00	11	1568 AED	1732 AED	8 th Jan	19 th March	Jan 8/15/22/29 Feb 5/12/19/26 March 5/12/19

****NOTE: We have a yearly membership of 150 AED for non-competing students and 300 AED for competing students.**

The Dance Project uniform is compulsory - a leotard, shorts and acro dance shoes and can be pre ordered with Kim (056 694 6205) to collect at the first class of the term. Leggings can be worn for religious purposes.

ADDITIONAL RECOMMENDED CLASSES LEVEL 1 & 2

Acro dance requires flexibility. We highly recommend (not compulsory) that at level 1 & 2 your child is attending Ms Olga's stretch class once per week for one or two terms. By level 3 we would like that the girls are flat in splits to assist in helping them progress quickly through the skills of Acro Dance. Another recommended class is Airtrack. Airtrack is a long inflatable and bouncy piece of equipment. The airtrack assists students in learning and developing skills. It is a class that works on basic acrobatic skills and strength and helps the girls fast track through their levels.

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FRIDAY	STRETCH	OPEN	18.00-19.00	12	1135 AED	1260 AED	6 th Jan	24 th March	Jan 6/13/20/27 Feb 3/10/17/24 March 3/10/17/24
WEDNESDAY	AIRTRACK	OPEN	17.45-18.45	12	1150 AED	1260 AED	4 th Jan	22 nd March	Jan 4/11/18/25 Feb 1/8/15/22 March 1/8/15/22