



# TIMETABLE

## Term 1 2010



### MONDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS	
4.00 - 6.00 pm	Teen Outlaws 11-18 yrs (IASF level 2)squad	DJ,AM
6.00 - 7.00 pm	*Tumbling (IASF level 2)	DJ,CJ
7.00 - 9.00 pm	Senior outlaws 14yrs & over (IASF level 2/3)squad	DJ,CJ

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
4.00pm	11-18 yrs advanced jazz ballet	SS
5.00pm	11-18 yrs advanced jazz/theatrical troupe	SS
6.00pm	11-18 yrs contemporary	SS
7.00pm	17 yrs & over elite troupe	SS
8.30pm	NBL Melbourne Tigers Dancers Rehearsal	SS,DC
10 pm		

STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
4.00pm	*Cheer level 1 program(5-8yrs)	TBC
5.00pm	*Cheer level 2 program (6-11yrs)	TBC
6.00pm	*Junior Flyers Class	AM
7.00pm		
8.00pm		
9.00pm		

### TUESDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS	
10.00 am		
11.00 am		
12.00 pm		
1.00 pm		
2.00 pm		
3.00 pm		
4.00 - 6.00 pm	Junior Outlaws 8-14 yrs (IASF level 3) squad	RS,DJ
6.00 - 6.30 pm	Private lessons	
6.30 - 8.00 pm	*Tumbling (IASF level 5)	Scott
8.00 - 9.30pm	Australian outlaws 14 yrs+ (IASF level 5) squad	RS

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
10.00am	Senior inter/advanced tap	MN
11.15am	Belly Dancing intermediate	BB
12.30pm		
1.00pm		
2.00pm		
3.00pm		
4.00pm	Junior intermediate classical ballet	SS
5.00pm	8-14 yrs advanced jazz Ballet	SS
6.00pm	8-14 yrs advanced jazz/theatrical troupe	SS
7.00pm	14 yrs + senior contemporary	SS
8.00pm	14 yrs + senior advanced jazz/theatrical	SS
9.30pm		

STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
10.00am		
11.00am		
12 pm		
1.00pm		
2.00pm		
3.00pm		
4.00pm	*Cheer level 3 program	AM
5.00pm	*Cheer level 4 program	AM
6.00pm		
6.45pm	*Senior Flyers class	RS
8.00pm		
9.00pm		

### WEDNESDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS	
4.00 - 5.30pm	Junior Outlaws 8-14 yrs (IASF level 1)squad	DJ, EJ
5.30 - 6.30pm	*Tumbling (IASF level 1 & 2)	DJ,DI?
6.30 - 7.30pm	*Tumbling (IASF level 3 & 4)	DJ,EJ
7.30 - 8.30pm	*Tumbling (IASF level 5)	TBC
8.30 - 9.30pm	*Open partner stunt class	DJ
9.30pm	#Action 4 Entertainers	RobS

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
4.30pm	7-11 yrs beginner hip hop	CR
5.30pm	11-18yrs beginner hip hop	CR
6.30pm	8-14 yrs intermediate hip hop	PH
7.30pm	14 yrs +senior intermediate hip hop	PH
8.30pm	14 yrs +senior intermediate Jazz/contemporary	PH
9.30pm		

STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
4.00pm	*Cheer Levels ?	DI,MM
5.30pm	*Tumbling, beginner up to back hndsprng	EJ
6.30pm	*Cheer Levels?	TBC
7.30pm	*Cheer Levels?	TBC
8.30pm		
9.30pm		

### THURSDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS	
4.00 - 6.00 pm	Junior Outlaws 8-14 yrs (IASF level 3) squad	RS,DJ
6.00 - 6.30 pm	Private lessons	
6.30 - 8.00 pm	*Tumbling (IASF level 3/4)	DJ ,AH
8.00 - 9.30pm	Australian outlaws 14 yrs+ (IASF level 5) squad	RS

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
4.00pm	Junior beginner Classical Ballet	ES?
5.00pm	Inter classical Ballet	ES
6.00 pm	Adv classical Ballet	ES
7.30pm	14 yrs+ senior Competition Dance Team	CR
9.30pm		

STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
4.00pm	*Cheer Levels	TBC
5.00pm	*Cheer Levels	TBC
6.00pm		
6.45pm	*Open Flyers class	RS
8.00pm		
9.00pm		

### FRIDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS	
4 - 6 pm	Teen Outlaws 11-18 yrs (IASF level 2)squad	DJ,AM
6 - 7 pm	*Tumbling (IASF level 1/2)	DJ,CJ
7 - 8 pm	Senior outlaws 14yrs & over (IASF level 2/3)squad	DJ,CJ
8 - 9 pm	*Tumbling (IASF level 2/3)	DJ,CJ

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
4.00pm	11yrs & U beg Classical Ballet	CR
5.00pm	11yrs & U beg Jazz Ballet	CR
6.00pm	11-18 yrs beg Jazz Ballet	CR
7.00pm	11-18yrs teen Outlaws Pom Squad	DC
8.00pm	14 yrs+ senior Outlaws Pom Squad	DC
9.00pm		

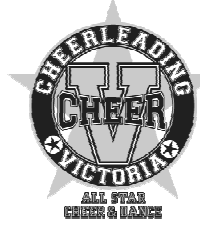
STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
4.30pm	*Cheer Levels – Mini Stars 3-5 yrs	Sh
5.15pm	Tiny Outlaws 3-5 yrs - squad tumble	CJ,Sh
6.00pm	Tiny Outlaws 3-5 yrs - squad routine	AM,Sh
6.45pm	*Cheer Levels	TBC
7.00pm		
8.00pm		

### SATURDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS	
9.00 - 10.30 am	Junior Outlaws 8-14 yrs (IASF level 1)squad	DJ, GM
10.30-11.30am	*Tumbling (IASF level 1 & 2)	DJ,DI?
11.30-1.00am	Mini outlaws 5-8 yrs (IASF level 1)squad	Sh,JS
1.00-2.00pm	*Tumbling (IASF level 2)	DJ,DI?
2.00-3.00pm	*Tumbling (IASF level 2/3)	DJ,DI?
3.00-4.00pm	*Tumbling (IASF level 3/4)	DJ,DI?

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
9.00am	14yrs+ display dance team	JL
10.30am	8-14 yrs Junior Outlaws Pom Squad	DC
11.30am	11-18 yrs intermediate jazz ballet	MS
12.30pm	8-11 yrs intermediate jazz ballet	MS
1.30pm	5-8 yrs jazz ballet (school age)	Asc
2.30pm	Mini jazz ballet troupe (inter) 5-8 yrs	Asc
3.30pm		

STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
9.30am	5-8 yrs Mini Outlaws Pom Squad	DC
10.30am	*Cheer Levels – Mini Stars 3-5 yrs	Sh
11.30am	*Tumbling, beginner	DI?
12.30pm	3-5 yrs jazz ballet (pre-school)	Asc
1.30pm	*Cheer Levels	TBC
2.30pm	*Cheer Levels	TBC
3.30pm		



# TIMETABLE

## Term 1 2010



### SUNDAY

STUDIO 1 – MAIN CHEER GYM		
TIME	CLASS – starting May 2010	
9.30am	Australian Outlaws 14 yrs+ (IASF level 5) squad	RS
10.00am	Routine	RS
11.00am	Routine	RS
12.00pm		
1.00pm		
2.00pm		

STUDIO 2 – MAIN DANCE STUDIO		
TIME	CLASS	
9.00am		
10.00am		
11.00am		
12.00pm		
1.00pm		
2.00pm		

STUDIO 3 – SMALL CHEER GYM		
TIME	CLASS	
9.00am		
10.00am		
11.00am		
12.00pm		
1.00pm		
2.00pm		

### 2009 COACHES

- Anne-Marie Maguire (AM) • Anthony Hodge (AH) • Ascha Miles (Asc) • Barbara Bolton (BB) • Chantelle Jurinovic (CJ) • Courtney Reardon (CR) • Danielle Carlisle (DC) • David James (DJ) • Debbie Inkster (DI) • Ellen Sutton (ES) • Erica Jan (EJ) • Gemma Miles (GM) • Jayden Sims (JS) • Jason Law (JL) • Michelle Short (MS) • Molly McKinnon (MM) • Pamela Habjan (PH) • Rosemary Sims (RS) • Robert Shook (Rob) • Scott Unwinn (Scott) • Shannon Sims (Sh) • Sue-Ellen Shook (SS) •

## Styles

### JAZZ BALLET

Latest dance moves to latest music combined with technique, strength, flexibility & balance. A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

### TROUPES/SQUADS

Selected dancers who work on routines for competitions and performances.

### CLASSICAL BALLET

**Ballet** is a specific academic dance form and technique which is taught in dance schools. Works of dance choreographed using this technique are called **ballnets**, and usually include dance, mime, acting, and music (usually orchestral but occasionally vocal). Ballet is best known for its unique features and techniques, such as pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities.

### POM POM

Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different colour poms, etc.

### CHEERLEADING

Combination of dance, tumbling, stunts, basket tosses, pyramids, pom-pom motions, chants and cheers, jumps and kicks, team leadership and fundraising. Performing on a regular basis Nationally & Internationally at major championships & major sporting events such as N.B.L. Melbourne Tigers, Victoria Basketball Association, Basketball Australia, International Basketball tournaments, Australian Football League, National Rugby League and spots on sporting television shows and television commercials.

### TINY STARS & PRE-SCHOOL

Day time classes designed for 3 - 5 year olds covering various styles of Dance including pom pom motions, cheers & tumbling. Starting with a warm-up, the classes are based on fun, giving each child direction on the area that will most suit them at school age.

### BELLY DANCE

Exercise with Belly Dancing routines carefully choreographed to use all parts of the body improving stretch, strength & co-ordination, working at your own level.

### CONTEMPORARY

An expressionist form of dance where there are no boundaries.

### LYRICAL JAZZ

"Lyrical Jazz - Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection."

### HIP-POM

The latest style of street dancing, as seen in rap video clips and at nightclubs, inspired by the likes of Missy, BEP & JT. Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks."

### TUMBLING

Our TUMBLING program is designed to give our cheerleaders & dancers a good core base so as to slowly nurture them into confidently and safely executing all floor tumbling skills, ranging from the basic cartwheels & hand stands to backhand springs, lay outs, twists & Arabians.

### GPOUP STUNT AND PARTNER STUNT

**Stunts** are defined as building performances displaying a person's skill or dexterity. Stunting in cheerleading is referred to as building pyramids. Stunts range from basic two-legged stunts to one-legged extended stunts and high flying basket tosses. There are numerous variations of each basic stunt.

Partner Stunt involves 2 people whilst a stunt group usually involves up to four bases holding or tossing another cheerleader in the air. In general, there are a variety of stunts that take up to 4 bases and some that only require one or two!!

### ACTION 4 ENTERTAINERS/KIDS

Learn the basics of movie & theatre action work utilizing "Body Physics"– fights, falls, giving, receiving, safety, eye contact, punches & kicks and action sequences. Increase your timing, speed and balance. A4 is designed and coached by Rob Shook – a Stunt Coordinator and Action Trainer for UNIVERSAL STUDIOS, HOLLYWOOD – who has over 20 years experience in major film, stage and television. For guys and gals, no experience needed.

### CHEERLEADING VICTORIA & AASCF/USASF Levels Program

A unique program which teaches the students everything they need to know about cheerleading whilst achieving certificates, medallions and trophies with lots of performance opportunities. For more information visit the AASCF Web-site on - [www.aascf.com.au](http://www.aascf.com.au)

### OUTLAWS - CHEER SQUADS

By strict selection, squads programmed for Local & International All Star Cheerleading Competitions - CV & International Coaches.

### IASF CHEERLEADING COACH CREDENTIALING

Rosemary Sims is the Australian representative for the education of the Internationally recognised IASF Cheerleading coach credentialing program. Interested coaches please contact Rosemary on [r\\_sims@bigpond.com](mailto:r_sims@bigpond.com)

**OPEN TUMBLING AND STUNTING CLASSES WITH ALEX KAIN DURING SCHOOL HOLIDAYS**

**ON:**  
 Thursday 17<sup>th</sup> December  
 Tuesday 22<sup>nd</sup> December  
 Tuesday 29<sup>th</sup> December  
 Tuesday 5<sup>th</sup> January  
 Thursday 7<sup>th</sup> January

**4.00-5.00pm junior tumble, 5.00-6.00pm junior stunt**  
**Cost: 1-hour class \$12.00, 2-hour class \$20.00**

**6-7.30 senior tumble, 7.30-9.00 senior stunt**  
**Cost: 1.5-hour class \$16.00, 3-hour class \$28.00**

**PRIVATE LESSONS ALSO AVAILABLE ON THESE DAYS**  
 \$60.00 per 60 Minute / \$45.00 per 45 minute / \$30.00 per 30 minute

**2010 AT THE DANCERS EDGE & CHEERLEADING VICTORIA**

**2010 Class Registration Days:**  
 Thursday 28<sup>th</sup> & Friday 29<sup>th</sup> January - 4-8pm  
 Saturday 30<sup>th</sup> January - 10am - 4pm

**All classes start back on Monday 1<sup>st</sup> February 2010**

**Also no classes on all official public holidays**

**We welcome you all.**