

SHORT COURSES

The short courses (DFTA syllabus) have been updated in line with Safe Dance Policies and devised with the aid of professional health practitioners.

They offer many advantages to anyone hoping to:

- Improve dance technique
- Gain confidence by repetition
- Obtain teaching qualifications

Each level consists of:

- ◆ **Standing and Floor Exercises** to improve co-ordination and flexibility
- ◆ **Travelling Exercises** to advance spatial awareness, balance and elevation
- ◆ **Dance Routines** to become skilled at new styles and challenges

Each level takes approximately 12– 15 weeks to complete. New enrolments will be accepted up until the 4th week for each course.

To satisfactorily achieve in each short course you must partake in extra general classes each week; (please see below):

Levels 1 - 3 Jazz: 1 level class and at least 1 general jazz class per week

Levels 4 - 8 Jazz: 1 level class and at least 2 general classes per week, 1 jazz and 1 classical

Levels 1 - 3 Tap: 1 level class and at least 1 general tap class per week

Levels 4 - 8 Tap: 1 level class and at least 2 general classes per week, 1 tap and 1 jazz

Levels 1 - 3 Classical: 1 level class and at least 1 general classical class per week

Levels 4 - 8 Classical: 1 level class and at least 2 general classes per week, 1 classical and 1 jazz

Associate & Members: 1 level class and at least 2 general classes per week, 1 jazz and 1 classical

These classes will also help maintain your technique, fitness and co-ordination. As you progress into the higher levels you will need to do additional classes to manage with the advancing standard.

Follow on short courses

Associate Jazz Teachers Exam - this course can be commenced after completing level 5 Jazz

Member Jazz Teachers Exam - this course can be commenced after completing level 8 Jazz

CREATE YOUR OWN SHORT COURSE

Select from the following classes;

LEVEL CLASSES & GENERAL CLASSES

	Level	Time	Teacher	General	Time	Teacher
Monday	Level 1 Tap	7-8pm	Heidi	Inter Jazz	6-7.30pm	Dulcie
				Beg Tap	6-7pm	Heidi
				Beg Jazz	8-9pm	Carnie
				Inter Tap	8-9pm	Heidi
Tuesday	Level 1 Classical	6-7pm	Heidi	Beg/Inter Jazz	6-7.30pm	Carnie
	Level 4 Jazz	8-9pm	Heidi	Beg/Inter Classical	7-8pm	Heidi
				Inter/Adv Jazz	7:30-9pm	Mark
Wednesday	Level 1 Jazz	7-8pm	Heidi	Inter Jazz	6-7.30pm	Dulcie
				Inter Classical	7-8pm	Fran
				Beg Jazz	8-9pm	Heidi
Thursday				Inter Jazz	6.30-8pm	Heidi
Saturday				Beg/Inter Jazz	11:30am-1pm	Carnie
				Inter/Adv Jazz	2:30-4pm	Jesy

All new students must commence must commence at Level 1.