



STARLA ROSE

INSTITUTE OF DANCE



Monday	Tuesday	Wednesday	Thursday
3:30pm - 4:15pm 2 - 5 Years Mixed	3:30pm 4:00pm 5 - 7 Year HipHop	4:00pm - 4:30pm Private	4:00pm - 4:30pm Contortion/Tumbling
3:45 - 4:45pm 6 - 8 Year Jazz/Tap	3:30pm - 4:00pm 8 - 12 years hipHop	4:30pm - 5:00pm Senior Lyrical	4:30pm - 5:30pm Acro 4
4:15pm - 4:45pm Junior Ballet	4:00pm - 5:00pm Acro 2	5:00pm - 5:30pm Senior Tap	5:30pm - 6:15pm Inters Lyrical
4:45pm - 5:45pm 9 - 12yrs Jazz/Tap	4:00pm - 5:00pm Acro 3	5:30pm - 6:15pm Senior jazz	
4:45pm - 5:30pm Acro 1	5:00pm - 5:30pm 9 - 12 Years Lyrical		
5:45pm - 6:15pm Junior Lyrical	5:30pm - 6:00pm Sub Senior Ballet		
	6:00pm - 6:30pm Sub Senior Tap		
	6:30pm - 7:15pm Sub Senior Jazz		
	7:15pm - 8:00pm 13+ Contemporary		
	8:00pm - 8:45pm 13+ HipHop		



Acro Requirements
Acro 1 - No Prerequisite
Acro 2 - Cartwheels R/L, Standing Bend Back
Acro 3 - Straight over, Roundoff, headstand
Acro 4 - Tinksi, Handspring, Bendback footover, Three Balances
Contortion/Tumbling - No Prerequisite

AGES
Sub seniors - 13 - 15 years
Seniors - 16+
Location
Monday & Tuesday:
 P & C Hall - Coode St COMO WA
Wednesday & Thursday:
 Weylan Bay Scout Hall - I The Strand
 APPLECROSS WA