



	Tuesday Rouse Hill Public School	Wednesday Rouse Hill Community Centre & Rouse Hill Public School	Saturday Rouse Hill Public School
Preschoolers			9:30am – 10:00am (Miss Kiara)
5 – 6 years		Community Centre	10:00am – 10:45am (Miss Kiara)
7 – 8 years			10:45am – 11:30am (Miss Kiara)
9 – 12 years			11:30am – 12:15pm (Miss Kiara)
ALL AGES			Physie Basics, Marching and Technique 12:30pm-1:30pm (Miss Kiara)
13 – 1 st Yr Senior	6pm – 7pm (Miss Carlee & Miss Mel)	6pm – 7pm (Miss Chloe)	
2 nd yr – open Senior	7:00pm – 8pm (Miss Catherine & Miss Mel)	7:00pm – 8:00pm (Miss Mel & Miss Catherine)	
Ladies – All Ages	8pm – 9:30pm (Miss Mel)	8pm – 9:30pm (Miss Mel)	8:30am – 9:30am (Miss Kiara)

Miss Carlee will lead a comprehensive holiday workshop program for all members.



Description

Fees

**Family Discounts apply

Tiny Tots

Each week, they'll go on an adventure of imaginative movement to the soundtrack of beautiful movement. With nurturing teachers who encourage your little one by celebrating their progress and praising their growth, your child will smile every moment of the class. Through positive encouragement and engaging classes, children learn how to communicate through movement, music and performance, giving them the skills they need to thrive.

Physie will teach your preschooler not only the joy of dance, but also the social skills they will need at school. Physie will give your daughter the strongest foundations to help her become a confident little girl.

\$60 per term for each class attended

Total per annum \$240 for 1 class per week

Includes Rouse Hill Physie Leotard and Tutu

Physie Syllabus

In the Physie Syllabus class you will learn and perfect the competition routines for the year ahead and prepare for individual and team competitions. Students will learn physie skills and positions as well as develop strength, flexibility, control and rhythm.

Classes are fun and interactive and will support the development of social skills, discipline and teamwork.

We recommend members 5 years – Ladies attend 2 Syllabus classes per week along with one or more additional classes from the list below.

45 min classes \$65 per term for each class attended

Total per annum \$260 for 1 class per week

60 + minutes classes \$70 per term for each class attended

Total per annum \$280 for 1 class per week.

Physie Basics Fitness & Marching Masterclass

Develop the stamina and strength to perform the physie syllabus to the best of your ability. Focus on developing core and leg strength along with technical skills such as jumps, turns and balances.

Work hard on your flexibility and earn awards for achieving milestones such as ability to do leg splits, balance challenges and turn combos.

Master correct posture, rhythm, strength, turnout, body control and fluid movement with this 10 week masterclass. In this class you will learn many physie fundamentals that will assist you to master your syllabus and improve your competition results.

Free for all members 5 years +
Casual bookings are essential