Timetable Version: v5

	Monday Rouse Hill Community Centre * Vinegar Hill Memorial Community Centre	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 + Miss Ellie)
5 – 6 years	4:00pm – 4:45pm (Miss Chloe) Rouse Hill Community Centre		4:00pm – 5:00pm (Miss Laura) Rouse Hill Community Centre	10:00am – 10:45am (Miss Kiara + Miss Ellie)
7 – 8 years	4:45pm – 5:30pm (Miss Chloe)		4:00pm – 5:00pm (Miss Laura)	10:45am – 11:30am (Miss Kiara + Miss Ellie)
9 – 10 years	5:30pm – 6:15pm (Miss Chloe)		5:00pm – 5:45pm (Miss Laura)	11:30am – 12:15pm (Miss Kiara + Miss Ellie)
11 – 12 Years	6:15pm – 7pm (Miss Chloe)		5:45pm – 6:30pm (Miss Laura)	12:15pm – 1:00pm (Miss Kiara + Miss Ellie)
13 – 1st Yr Senior		6:00pm – 7:00pm (Miss Carlee + Miss Mel)	6:00pm – 7:00pm (Miss Mel)	1:00pm – 1:45pm (Miss Kiara + Miss Ellie)
Ladies – All Ages	10:00am – 11:00am (Miss Chloe) * Vinegar Hill Memorial Community Centre	7:00pm – 8:15pm (Miss Mel)	7:00pm – 8:15pm (Miss Mel)	8:30am – 9:30am (Miss Kiara + Miss Ellie)
2nd yr – Open Senior		8:15pm – 9:30pm (Miss Mel + Miss Catherine)	8:15pm – 9:30pm (Miss Mel + Miss Catherine)	

Please Note:

* - Vinegar Hill Memorial Community Centre is located at Rouse Hill Town Centre above the Library.

	Description	Fees *based on 3 terms **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.	Tiny Tots Classes (3-4yrs) **$85 per term** Total per annum $250 pa Includes: Rouse Hill Physie Leotard + 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.	Junior Classes (5-12yrs) **$175 per term** Total per annum $525 pa Senior/Ladies Classes (13yrs+) **$190 per term** Total per annum $570 pa
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 masterclass. In this class you will learn many physie fundamentals that will assist you to master your syllabus and improve your competition results.	Short courses/workshops are offered throughout the year, **bookings will be essential.**