



Portland
D.A.N.Z
-tensions
Dance Studio
Handbook 2024

Director: Sicely Kennedy L.A.T.O.D

Diploma Dance Teaching and Management, Cert IV Training & Assessment,

Licentiate member Australian Teachers of Dancing



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Please note that all class times and prices quoted in this document are projected only and will be confirmed at the end of January 2024

Important Dates to Note for 2024

- ⇒ **Midyear Concert** *Sunday 23rd June*
- ⇒ **End of Year Concert** *Saturday 30th November*

⇒ **Concert rehearsals - Compulsory**

<i>Term 3</i>	<i>Sunday 11th August</i>	<i>Sunday 25th August</i>
<i>Term 4</i>	<i>Sunday 20th October</i> <i>Sunday 17th November</i>	<i>Sunday 27th October</i> <i>Sunday 24th November</i>
<i>Full Dress rehearsal concert week</i>	<i>Wednesday 27th November</i>	<i>Thursday 28th November</i>

NOTE: not every student will be required at every rehearsal but a specific timetable will not be released until late term 2 so please block out these dates until then.

- ⇒ **Photo Day** *Sunday 10th November (tentative)*
- ⇒ **Assessment Dates** *Saturday 7th and Sunday 8th September OR Saturday 14th and Sunday 15th September (to be confirmed end term 2)*
- ⇒ **Breakup Party** *Sunday 1st December*

Public Holidays 2024

- *March Labour Day Weekend CLASSES AS NORMAL*
- *ANZAC Day Thursday 25th April NO CLASSES BEFORE 1PM*
- *Kings Birthday Weekend Monday 12th June NO CLASSES*
- *AFL Public Holiday CLASSES AS NORMAL*
- *Melbourne Cup CLASSES AS NORMAL*

<https://events.humanitix.com/danzxrego2024>

Overview of Classes

- **Preschool Dance - Age 3 & 4 years**

Music and movement classes where children will learn the basics of dance through various musical games, stimulating imaginative play and rewarded learning. Students develop co-ordination, musicality, balance, gross motor skills, recognizing numbers, letters and colours, learning directions and improve memory skills through repetition. Concerts are optional.

- **Classical Ballet - Age 5 and above**

A strong focus on developing correct classical technique across all age groups while keeping the learning environment age appropriate, fun and inspiring. Students develop poise, flexibility, co-ordination, musicality, self discipline, and team work skills.

Pointe classes also available for those of adequate age, training and strength.

- **Jazz Dance - Age 5 and above**

High energy classes with a strong focus on developing correct jazz technique and style, improving fitness, strength and the importance of team work. Students learn both modern and historical jazz steps to develop a broad jazz repertoire and appreciation.

Extension classes are also available for dancers who take a more serious approach to their jazz dancing and developing their skills beyond their regular classes.

- **Tap Dance - Age 6 and above**

Rhythmical percussion classes where students develop strong musicality and a sense of musical patterns, tempo and timing while developing co-ordination, style and flair.

- **Musical Theatre - Age 6 and above**

Classes focus on developing singing, acting and dancing skills in multiple styles. Students learn confidence in self, appreciation of musical theatre and develop team work skills while developing their imagination and improvisation skills.

- **Hip-hop Dance - Age 5 and above**

Classes full of hip-hop energy and attitude that develop core strength, co-ordination and power. Students learn musicality, confidence and team skills.

- All classes cater to all young people who wish to learn to dance.
- Classes are grouped according to age, though ability does come into consideration when a student is more advanced or a beginner.
- Syllabus work learned in all classes is Australian Teachers of Dancing (A.T.O.D)
- Examinations of syllabus work offered for all levels, compulsory for all those in Bronze, Silver, Gold, Senior classes and Level 4 & above.
- Two concert performances per year. 23rd June & 30th November.

Conditions of Enrolment, Policies and Codes

When a student enrolls at Portland Danz X-tensions both they and their families agree to abide by the conditions of enrolment, specified at the bottom of the online enrolment page, also found on our website.

Portland Danz X-tensions has the right to terminate a students enrolment if either they or a member of their family acts in a way that is not in accordance with our conditions of enrolment, code of conduct, policies and procedures or child protection policy.

Potential students/parents will received a copy of all our policies and codes along with this booklet. You can also request a copy via email at

danzx-tensions@bigpond.com

Particular conditions to note upon enrolment:

- Permission is given to seek first aid or medical attention, including ambulance, if required.
- Permission is given to photograph and/or film students to be used for studio publicity or memorabilia.
- I understand (when not in a pandemic) that at times my child will have some physical contact with teachers for correction purposes and other students for support and to form sequences throughout dance routines. I give permission for this.
- **Danz X-tensions must be informed in writing if a student will not be returning to class the following term. Failure to do so will result in the student's place being held in the class and fees charged accordingly until notification of termination of enrolment is given.**

- All fees are the responsibility of the person who signed up the student regardless of plans to share payment with other parties.
- Withdrawal from the end of year concert after August 30th 2024 will still incur the relevant costume hire charge to cover the cost of costumes already prepared for the student for the concert.
- Students are expected to attend all classes and notice will be given to the teacher if student will be away.
- Students and parents are aware that any type of bullying committed by a Danz X-tensions member, student or parent will be taken very seriously and dealt with accordingly.
- Drop off and pickup is to be at the bottom of the stairs. Parents are not to come up to studio unless by appointment or is needed to support a student.
- **All choreography remains the intellectual property of Portland Danz X-tensions and cannot be used outside the studio in competition or other non Danz X-tensions event without the written consent of the studio director.**

For a full and complete list of our terms and conditions please go to our website www.danzx-tensions.com

How to enroll for 2024

How do I enroll for 2024?

Go to the [humanitix](https://www.humanitix.com) website.

The full address is below and link is also on the school website

- Select the ticket for the number of children to be enrolled from your family.
- Fill in student details and select styles of dance they would like to enrol in. Ages listed are a guide only.
- Fill in your payment details to pay for your registration (\$38), note there is a small booking fee per student, charged by humanitix
- Once your enrolment is received you will be sent confirmation of enrolment and other relevant information.

Upon enrolment students and parents agree to abide by the conditions of enrolment outlined in the [terms and conditions of enrolment](#) both when in the studio and while representing Portland Danz X-tensions at events.

A copy of the Terms and Conditions can be found upon registration at checkout and they can also be found on the school website in the members section

Website and Facebook page

Once enrolled please join the members section on our website www.danzx-tensions.com to gain access to pertinent information and purchase uniform from the shop. Please also follow us on our Facebook page [@DanzXTensions](#) follow us on Instagram [@portlanddanzxtensions](#) to for pictures and updates throughout the year.

Video sharing App

Students are expected to do some at home practice each week, to make this easier we have a video app (Movitanz) where class videos are uploaded that students can access from home.

An access code and sign up information are distributed upon attending your first class.

Studio Security

The studio door has pin pad access to ensure the security of our dancers when in class.

The door code will be changed at the start of each year and again throughout the year if it is found that security has been compromised.

Students please keep a copy of the code in your dance bag.

Parents/Guardians please ensure you also know the access code in the case of an emergency.

TeamReach Communication App

For basic communications please join your appropriate TeamReach group and have your notifications on.

Major information will be sent via email but daily communications and updates will be communicated via TeamReach.

Access codes available upon enrolment

Tuition Fees & Payments

All tuition fees are charged by the term and may change without notice.

Invoices are emailed out...

Term 1 : From first week in January or the Friday after registration is received.

Term 2: 1st April

Term 3: 1st July

Term 4: 1st October

All known fees for the term are included. Any fees sustained after the above listed dates will be sent out at the time they are incurred or added to the invoice of the following term.

End of year Costume (term 2) and Assessments (term 3) will be invoiced separately with due dates listed on the invoice.

Please let us know if you do not receive your invoice on the dates above.

Fees Due Dates:

Term 1: 28th Feb 2023

Term 2: 30th April 2023

Term 3: 31st July 2023

Term 4: 31st October 2023

Fees not paid by the due date will incur a \$10 administration fee for each week it is not paid.

Payment can be made in cash, or bank transfer to the school account.

BSB: 033656

Account No: 164359

Please use the invoice number as a reference.

If paying with cash please place in an envelope with student name and amount clearly on front.

All fees MUST be paid in full before the commencement of the following term. Students with unpaid accounts over \$30 will not be permitted to participate in class until their account is settled in full.

Payment Plan

Families wishing to pay off their fees over the term must contact Sicely to work out a suitable payment plan. Failure to make payment at the agreed time will result in a \$10 administration fee for each payment missed.

Each time a payment is made a statement, showing the payment has been received and the updated balance, will be sent out.

Note: all statements and reminders will generally be sent out on Fridays.

Administration Fees

Anytime we have to chase people for money ie send out reminders after the due date, an administration fee of \$10 will be charged.

We are very flexible with payment and when a family comes to us needing to pay off fees then it is generally going to be ok. The only concrete stipulation being they must be paid in full by the end of the term. BUT please don't assume that we know your plans, you must speak to us before the due date to avoid any additional charges.

We do our best to avoid having to charge any extra fees and we will send out reminders prior to the due date.

If you create extra office work for us ie chasing you for payment, then we will charge you for our time.

Enrolments open until end of July 2023

Discounts - Concert Package

Multi Class Discount

- 1) First class is charged at full price
- 2) Second class 5% discount off that class
- 3) Third and Fourth classes 10% discount off those classes
- 4) Fifth and Sixth classes 15% discount off those classes
- 5) Seventh and Eighth classes 25% discount off those classes
- 6) Ninth class and above is FREE

Please note: Competition troupe classes, Private lessons NOT included in any discounts.

Full price classes will be the highest cost classes taken. Discounts will then be applied to classes starting with the next highest cost through to the least.

Concert Package Family Rates

No. of	1 student	2 students	3 students
Annual	\$ 150.00	\$ 220.00	\$ 285.00

Concert package covers costs for all extra concert rehearsals and concert week stage rehearsals, photo day sitting fee per student, Concert DVD per family.

Even though on the following pages it is listed for every class you only pay this amount once per family, not separately for every class taken.

- No discounts will be applied to concert package.
- Concert package is split into four equal installments to be paid across the course of the year to lessen the burden of cost in term 4.
- Students who enroll in term 2 will have two installments on their first invoice. Students who enroll in term 3 will have three installments on the first invoice.

Preschool participation in the concerts is optional. Preschool parents will be asked to sign a consent for concert participation form before being charged for the concert package.

Classes resume for 2024, Monday 29th January

Overview of Costs 2024

Costs per term

Please see class description for length of class.

Multiple class discounts will change the cost per term amount, depending on number of classes taken. See page 7.

Cost per class each term		Costume costs		
		Payable term 2		Payable term 4
Length of Class	Cost per term	Midyear costume hire	EOY costume purchase	EOY costume hire
30 minutes	\$93	\$14	\$100	\$27
45 minutes	\$99	\$14	\$100	\$27
60 minutes	\$110	\$14	\$120	\$27
75 minutes	\$120	\$14	\$120	\$27
90 minutes	\$130	\$14	\$120	\$27

<u>Extras per term charged per family not per class</u>			
Dancers per family	Movitanz app per term	Concert Package per term	Total Extras per term
1	\$4	\$37.50	\$41.50
2	\$4	\$55.00	\$59.00
3	\$4	\$71.25	\$75.25
4	\$4	\$86.25	\$90.25

Please note there are some exceptions to the above, see class descriptions

The above number may change without notice.

Enrolments open until end of July 2024

About Uniforms

Uniform 2024

We do have a set uniform for all classes. Please see your class page for specifics.

Uniform Purchases

All uniform is for sale on our website - in the members section.

www.danzx-tensions.com

- ⇒ Prices of our shoe range and tights are all in line with or cheaper than what you can purchase elsewhere. This is exclusive for Danz X-tensions families only.
- ⇒ Our MDM shoes are a extra special low price only available to Danz X-tensions families
- ⇒ When orders are ready for pickup they will be on the table in the change room with the student name on it.
- ⇒ Only limited sizes of ballet shoes and jazz shoes are kept in stock and all other ballet shoes, tap shoes and jazz shoes will be ordered in as orders are received.
- ⇒ For second hand items please see our parents group on TeamReach app
- ⇒ Not sure on size? Friday afternoons Sicely is in the office ready to help you select uniform sizes.

We sell exclusively MDM ballet and jazz shoes, and Bloch tap shoes.

About MDM dance shoes:

MDM dance shoes have been designed to support a dancers feet in a way that no other dance shoe does. They are made with a special inner sole that cushions and supports the foot which in the long term helps to diminish the chance of foot injuries that can occur in a regular dance shoe.

MDM shoes are a little more expensive than some others but the technology applied to the shoe puts it way ahead of others making it the much safer choice for your child's foot and leg development.

Super cheap shoes from Kmart, Aldi etc.

These are the worst possible shoes you can get for your child. They are made so cheaply that they offer zero support for growing feet and legs. We know they are cheap but you could be putting your child's foot and leg development at risk by using these.

Hair for Class

- Preschool and Ballet classes - neat ballet bun - tutorial supplied on Movitanz
- Tap, Jazz, Hip-hop and Musical Theatre classes - tidy ponytail or other off the face secure up style
- Boys - off the face or secured back in a low ponytail if sufficient length.

Enrolments open until end of July 2024

Dance Uniform Required By Class

Costs not listed due to continued market changes. Please see our website for prices.

Even though lists are separated into girls and boys uniforms we are happy to interchange pieces for the comfort of our dancers.

Some extra gear may be required depending on the class level.

Preschool Dance Uniform

Girls

- Danz X-tensions light pink leotard
- Studio 7 Salmon pink ballet tights
- Energetiks Pink debut ballet shoes
- Danz X-tensions branded Black crossover

Boys

- White plain t-shirt or Danz Tank
- Black Unisex Danz shorts or fitted mid-thigh shorts
- MDM Black Ballet shoes

Ballet Classes Uniform

Girls

- Danz X-tensions leotard (juniors—light pink, intermediates—mulberry, seniors—red)
- Theatrical pink ballet tights
- MDM Ballet shoes
- Ribbons for ballet shoes (required for concerts and assessments only)
- Danz X-tensions branded Black crossover

Boys

- White plain t-shirt or leotard
- Black leggings or fitted mid-thigh shorts
- MDM Black Ballet shoes

Jazz & Musical Theatre Uniform

Girls

- Danz X-tensions crop top and/or Danz X-tensions single top
- Danz X-tensions fitted shorts
- Energetiks skin tone dance tights
- MDM Jazz shoes

Boys

- Danz X-tensions tank top
- Black Danz unisex shorts
- MDM Jazz shoes

Hip-hop Classes Uniform

- Danz X-tensions crop top and/or Danz X-tensions single top or Danz X-tensions tank top
- Danz X-tensions fitted or unisex shorts or Danz X-tensions leggings
- Plain black flat soled shoes

Tap Classes Uniform

Girls

- Danz X-tensions leotard (juniors—light pink, intermediates—mulberry, seniors—red)
- Danz X-tensions fitted shorts
- Energetiks skin tone dance tights
- Black tap shoes
- Danz X-tensions branded Black crossover

Boys

- Same as for Jazz but with black tap shoes

Enrolments open until end of July 2024

Concerts & Assessments

Concerts

We hold two concerts each year. A small performance at the end of June and then our big end of year show at the end of November. All students participate. (Optional for preschool students)

For both shows students wear costumes and stage makeup. (Please speak to Sicely if you would like the know more about why dance students wear makeup on stage)

Participation in our shows teaches students about performance quality, commitment to their team, stage etiquette and safety, team work, organization skills, attention to detail and goal setting, and for older students it also promotes mentoring and leadership.

In addition to the above our performances are both a reward to students and a thank you to parents for their commitment and dedication to this wonderful art form.

Concert Costume Expenses

Midyear Performance each class performs once, costume hire \$14 per costume

End of Year Performance each class performs two routines.

One costume you hire for \$27, the other parents buy. Students then keep this costume after we have finished for the year.

Max cost per costume is \$120

An invoice will be sent out at the start of term 2 and payment is due by the end of May.

⇒ **Students who enroll in term 3 participate in just one routine per class for the end of year concert. This costume you hire.**

Assessments

Compulsory for all students in Bronze, Silver, Gold, Level 4 & above and Senior classes.

Optional for Test 1, 2, 3 classes and preschool classes.

Assessments are carried out at the studio in early September and assessed by a qualified examiner from Australian Teachers of Dancing.

Students work throughout the year on technical aspects of their chosen style with the end goal to develop their skills to the very best they are capable of achieving.

Costs start at \$45 at the preschool class levels and increases though the levels to \$200 at the advanced levels

Upon receiving results students are rewarded for their hard work with an official certificate of attainment, critique and class specific badge.

Students who complete senior exams (elementary and above) can also list the achievement on their work resume as proof of the commitment, dedication, organization and the focus on detail required to participate at these levels.

Assessments are not solely about pass and fail but about learning to work hard, commitment to a goal and working to achieve your personal best.

Ballet Classes On Offer

Preschool Dance

- Age 3 - 4 years
- Days and times to be announced
- Length: 30 minutes

Optional Extras
Concert Participation

Test 1 Ballet

This class is for prep and grade 1 and grade 2 children who are new to ballet this year or were in Tiny Ballet in 2023.

- Age 5 - 7 years
- Class: Monday 4:30pm
- Length: 30 minutes

Test 3 Ballet

This class is for students who were in test 1 ballet in 2023 and for children 8 - 10 years who are new to ballet this year.

- Age 8 - 10 years
- Class: Wednesday 5:30pm
- Length: 45 minutes

Bronze Star Ballet

This class is for students who were in Bronze Medal ballet in 2023 and those 10 - 12 years who are new to ballet this year.

- Age 10 - 12 years
- Class: Tuesday 5:15pm
- Length: 45 minutes

Silver Star Ballet

This class is for students who were in Silver Medal Ballet in 2023 and also for children 13- 15 years who are new to ballet this year.

- Age 13 - 15 years
- Class: Tuesday 5pm
- Length: 60 minutes

Gold Star Ballet

This class is for students who were in Gold Medal Ballet in 2023 and also for children 16 years and over years who are new to ballet this year.

- Age 16 years and over
- Class: Tuesday 6pm
- Length: 60 minutes

Intermediate Ballet

Students must have a minimum of 8 years ballet training and 2 year of pointe training or completed Elementary ballet exam.

This level also requires two classes per week.

- Class 1: Tuesday 7:45pm
- Class 2: Thursday 5:15pm

Pointe Technique

This class is for students who are in Gold Star or Intermediate Ballet only

- Class: Tuesday 7:00pm
- Length: 45 minutes

Enrolments open until end of July 2024

Jazz Classes on Offer

Test 1 Jazz

This class is for students who were in Tiny Jazz in 2023 or are 5 - 7 years who are new to jazz this year.

- Age 5 - 7 years
- Class: Monday 5pm
- Length: 30 minutes

Test 2 Jazz

This class is for children who were in Test 1 Jazz in 2023 and those who are 8 & 9 years who are new to jazz this year

- Age 8 - 9 years
- Class: Wednesday 4:45pm
- Length: 45 minutes

Test 3 Jazz

This class is a new class for beginner jazz dancers aged 8 - 11 years who are new to jazz this year.

- Age 8 - 11 years
- Class: Monday 6pm
- Length: 45 minutes

Bronze Medal Jazz

This class is for students who were in Test 3 jazz in 2023 and also for children 10 - 11 years who are new to jazz this year.

- Age 10 - 11 years
- Class: Tuesday 6pm
- Length: 45 minutes

Bronze Star Jazz

This class is for students who were in Bronze Medal jazz in 2023 and also for children 12 & 13 years who are new to jazz this year.

- Age 12 - 13 years
- Class: Tuesday 6:45pm
- Length: 45 minutes

Silver Star Jazz

This class is for students who were in Silver medal jazz in 2023 and for children 14 and over who are new to jazz this year.

- Age 14 years and over
- Class: Monday 5:15pm
- Length: 60 minutes

Intermediate Jazz

This class is for students who were in Elementary jazz in 2023 only or with previous equivalent training.

- Prior training only
- Class: Thursday 7:30pm
- Length: 60 minutes

Enrolments open until end of July 2024

Tap Dancing Classes on Offer

Test 2 Tap

This class is for children who were in Test 1 tap in 2023 and for children who are new to tap this year.

- Age 6 - 10 years
- Class: Wednesday 4:15pm
- Length: 30 minutes

Bronze/Silver Tap

This class is for children who were in Bronze medal or Silver medal tap in 2023 and for children 11 and over who are new to tap this year.

- Age 11 years and over
- Class: Monday 6:15pm
- Length: 60 minutes

Intermediate Tap

Prior training only

- Senior level prior tapping experience only
- Class: Thursday 4:45pm
- Length: 30 minutes

Classes resume for 2024, Monday 29th January

Musical Theatre Classes on Offer

Beginner (Entracte) Musical Theatre

This class is for students who 6 - 10 years wanting to take up musical theatre for the first time.

- Age 6- 10 years
- Class: Monday 5:30pm
- Length: 30 minutes

Junior (Level 4) Musical Theatre

This class is for students who were in level 3 in 2023 and those 11 - 15 years wanting to take up musical theatre for the first time.

- Age 11- 15 years
- Class: Tuesday 4pm
- Length: 60 minutes

Senior (Level 7) Musical Theatre

This class is for students who were in Level 6 in 2023 and for children 16 & over who are new to musical theatre this year.

- Age 16 years and over
- Class: Thursday 4:00pm
- Length: 45 minutes

<https://events.humanitix.com/danzxrego2024>

Hip-hop Classes on Offer

Tiny Hip-hop

This class is for students 5 - 6 years taking up hip-hop for the first time.

- Age 5 - 6 years
- Class: Thursday 5:45pm
- Length: 30 minutes

Level 2 Hip-hop

This class is for students 7 - 9 years taking up hip-hop for the first time.

- Age 7 - 9 years
- Class: Thursday 6:15pm
- Length: 45 minutes

Level 4 Hip-hop

This class is for students in Level 3 Hip-hop in 2023 and those 10 - 12 years taking up hip-hop for the first time.

- Age 10 - 12 years
- Class: Friday 5:45pm
- Length: 60 minutes

Level 6 Hip-hop

This class is for students who were in Level 5 Hip-hop in 2023 and for children 13 years and over who are new to hip-hop this year

- Age 13 years and over
- Class: Friday 6:45pm
- Length: 60 minutes

Level 11 Hip-hop

This class is for students who were in Level 10 Hip-hop in 2023 and for advanced hip-hop dancers

- Prior training only
- Class: Friday 7:45pm
- Length: 45 minutes

Extension Classes

Jazz Extension Class

This class is for dancers wishing to work on extending their jazz technique beyond their normal class.

Students work on refining technique, learn new steps and techniques, develop strength and flexibility needed for jazz dancing.

.Junior class is for Test 1,2,3 and Bronze dancers.

Senior class is for Silver, Gold and senior dancers.

Junior Class: Tuesday 4:30pm

Senior Class: Wednesday 7:00pm

Length: 45 minutes

Beginner Teen Classes

Teen Beginner Jazz and Ballet

This class is for students who are 13 years and over who are new to jazz this year and would rather not be in with those who have been dancing for years.

- Age 13 years and over
- Tuesday 7:30pm
- Length: 60 minutes
- Concert Optional

Competition Classes

New Classes

Junior and Senior Competition Teams

& Solos

- Students must be enrolled in at least one ballet class per week.
- Acceptance to either competition team is by invitation only.
- All soloists **MUST** be part of a competition team.
- Soloists are selected from within the competition teams only.

- **Junior Troupe (under 12 years):
Monday 4:15pm**
- **Senior Troupe (12 years and over):
Thursday 6:00pm**

For more information email Sicely at danzx-tensions@bigpond.com

Costs Solos

- \$35 per weekly half hour class
- Own supplied costumes

Costs Troupes

- Juniors \$75 per term
- Seniors \$90 per term
- Plus extra rehearsal and costume hire term 2

No new soloists will be starting until July 2024.

Contemporary Dance Class

New for 2024 we will be offering contemporary dance class.

This class explores the movement pathways, strength, control and expression of contemporary dance.

10 years and under

Wednesday 4:00pm

Length: 45 minutes

11 years and over

Wednesday 6:15pm

Length: 45 minutes

ADULT CLASSES - \$15 per class

We now have a range of adult classes available to suit all adults. All classes are prepared with the adult body in mind and adjustments can be further made depending on any restrictions class participants may have. All classes are skilled towards beginners but can be made more challenging if desired by participants.

Swans Ballet - Classical Ballet class for adults. This is generally a slower paced class with focus on gently developing strength, control and co-ordination. **Thursday 10:30am**

Adult Jazz - Jazz dancing for adults. A more upbeat, modern style of dance for the more energized adults who are keen to get the heartrate up. **Monday 6:45pm**

Adult Tap - Tap dancing for adults. A loud but rhythmical class which predominately works the feet, calves and thighs. Create music with your feet. **Wednesday 6:45pm**

Adult Hip-hop - Hip-hop dancing for adults. Develop strength and core control as you groove to amazing tracks. A energized class for the active dancer. **Thursday 6:45pm**



2024 classes commence

Monday 29th January 2024

Postal Address: PO Box 180 Portland, Vic 3305

Studio Address: 21 Henty St Portland, Vic 3305

Phone: 0118 521 127

E-mail: danzi-tensions@bigpond.com

Website: www.danzi-tensions.com