

New Classes at CDA in 2019

Acrobatics Arts Classes

CDA is starting ACROBATICS!!! We will be offering the Acrobatics Arts Syllabus in age groups of Mini Tumblers, Sub Junior/Junior Acro and Intermediate/Senior Acro. This syllabus is created to teach dancers to execute acrobatic skills into their dance. The syllabus has a high focus on working on strength and flexibility which will not only help with their acro skills but help with all other forms of dance to. Don't miss out on securing your spot enrol in Acro at CDA today.

Adult Dance Fun Fitness

Come and join the fun of our new Adult Fit Dance Class where you will get to move and groove for an hour to a great mix of old classics and new hits. You will have exercised for an hour but will have had so much fun while you do it, you won't know where the time went. Whether you're an ex dancer or have just always wanted to dance this class is a great way to add some exercise into your week and have a blast while you do it.

Stretch, Strength, Kicks, Turns and Leaps

Have you been wanting to get that split for ages but just can't quite get there? Or maybe you've been practicing your pirouettes but don't feel like you're making any progress? Then this class is for you. A safe environment with passionate teachers that will help you achieve your goals. Dance requires a huge amount of flexibility and strength to be able to execute kicks, turns and leaps well, this class is designed to help you hone in on your technique and become a strong and flexible dancer.

RAD 'SILVER SWANS' BALLET CLASSES – For the over 55's

'Release your Inner Swan'

CDA will be introducing Silver Swans Ballet classes to our timetable from 2019. Open, fun and accessible these classes are specially designed for the older learners. Silver Swans classes will help improve mobility, posture, co-ordination and energy levels. Dance in particular can play a vital role in ensuring a longer and better quality of life. Research also often places dance ahead of other activities in the variety of health benefits it brings. Look for the Silver Swans License Logo as a sign of quality and to ensure you get the best possible dance experience!

Solo's, Duo's, Trio's in Jazz, Ballet and Tap

We are going to be offering Tap, Jazz and Ballet Solo's, Duo's and Trio's for community events and eisteddfods in 2019. This is for the committed dancer who really wants to hone their skills and enhance their performance ability. There is a certain standard required to compete in eisteddfods so you must be doing a weekly CSTD or RAD Syllabus class to be eligible. Expressions of interest are open now so please email info@centenarydance.com.au

PRE-POINTE, STRENGTH and CONDITIONING CLASS

To ensure CDA's Ballet students are ready for pointe work, we are including a Pre-Pointe Class separate from their regular RAD Ballet syllabus technique class. The curriculum allows our teachers ample time to assist our students to build the strength and alignment necessary for pointe work. It also helps them assess readiness, which lessens the risk of injury once students are in their pointe shoes. Safe Dance Practice is a high priority at CDA.

Move and Groove for 3-4 year olds

In Move and Groove children will explore jazz style dance, building coordination and developing age appropriate dance skills. It is a high energy class where children are encouraged to express themselves through movement and experiment with ways of moving their bodies to the upbeat music. The focus is on fun and building confidence, all while dancing up a storm!

Song and Dance for 4-7 year olds

We are very excited to be offering Song and Dance in 2019 for those young children who love to sing as well as dance. In this class, children will learn a variety of dance and movement styles, as well as focus on singing and musicality. The inclusion of creative and dramatic play will provide children with a fun and nurturing environment to explore all the wonders the performing arts have to offer.