



Strength and Technique (NSC)

The Strength and Technique class will focus on improving your dance skills by incorporating exercises that develop your jumps, kicks, turns, muscle conditioning, flexibility, core, stability and cardiovascular fitness. The class will integrate yoga, pilates and dance specific exercises such as progressions to create a challenging and beneficial class. Please note: students in the Eisteddfod Group Program will receive 50% off the cost of the class; this will be applied when it is sent through to your College account. Classes will be graded in the first couple of weeks to ensure students are placed in the correct class to maximise their skill development.

Program Contact	Dance Administration dance@pymblelc.nsw.edu.au	
Teachers	Miss Emma Dulvey	
Term/s	Terms 1 to 4 (Full Year)	
Years	Year 3 to 6	
Days/Times	Monday 3.15pm to 4.00pm	
Cost	\$461.00	
Maximum	30 students	
Program Dates (Start/End) Mondays	Term 1: Monday 6 February to Monday 3 April Term 2: Monday 1 May to Monday 19 June Term 3: Monday 17 July to Monday 18 September Term 4: Monday 16 October to Monday 3 November (no classes – Monday 12 June)	
Venues	Main Hall 2	
Further Information	This class is not participating in the Dance Showcase in Term 4, 2017. There will be no classes in Week 5.	
Uniform		<p>Black leotard or House Shirt or Eisteddfod Uniform</p> <p>Black 3/4 length leggings (Bloch \$24.50-\$28.00 - left) or Black bike shorts (Bloch V Front Girls shorts \$29.95 - left)</p> <p>Ballet Slippers, Foot thongs or Bare Feet (any split sole ballet slippers, canvas or leather - Classical Strap Seam \$43.95; Prolite Leather \$49.95; Prolite Canvas \$34.95-\$39.95 from Bloch) (Foot thongs \$24.95 - Bloch or Foot Undies Capezio)</p>