

2019

KIDS'
DANCE &
FITNESS



STARplex
FITNESS CENTRE



www.starplex.com.au 

PROGRAM	DAY	TIME	AGE	COST (10 Weeks)
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FITNESS PROGRAMS

Fit & Active Kids	FRI	9.55am – 10.30am	2 ^{1/2} - 5yrs	\$80
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DANCE PROGRAMS

Baby Boogie	TUE	9.15am – 10.00am & 10.15am – 11.00am	1-3yrs (with adult)	\$100
Dancing Child	WED	9.30am - 10.15am	3 - 4yrs (with adult)	\$100
	THU	9.30am - 10.15am		
Creative Moves	WED	5.00pm - 5.45pm	6-9yrs	\$100
Junior Hip Hop	MON	4.30pm - 5.15pm	6-10yrs	\$100

TRIAL LESSON \$11 (Bookings essential, Phone 8522 0622)



PLEASE NOTE: Program cost is based on a 10 week Term, however this could vary depending on length of School Term or Public Holidays.



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PROGRAM DESCRIPTIONS

FITNESS PROGRAMS...

Fit & Active Kids (2.5 - 5yrs)

Fit & Active Kids is a program suitable for children between the ages of 2.5 – 5 years. Setting in place positive, physical habits, building confidence and developing skills using simple moves, games, team building, performance, problem solving and the magic of music.

DANCE PROGRAMS...

Baby Boogie (1-3yrs, with a parent)

Baby Boogie is all about having fun and watching your child's imagination and confidence grow as they learn to express themselves to music.

They will be taught some basic steps and movements like: First Position, Plies, Pointing & Flexing Toes and Rhythm.

Dancing Child (3-4yrs, with a parent)

An excellent first dance class to develop confidence and expression with Mum or Dad watching or joining in...it's up to you and your child. They will be taught some basic steps and movements like: Pointing & Flexing Toes, Skipping, Gallops, Rhythm, Marching, Balancing and Hopping.

Creative Moves (6-9yrs)

Here dancers will develop confidence and expression whilst discovering a variety of dancing genre like - Jazz, Funk, Salsa & Modern/Contemporary.

They will be taught steps like: Grapevine, Box Step, Step Ball Change, Leaps, Turns, Gallops and Step Drag.

Junior Hip Hop (6-10yrs)

Hip Hop students will perform varying levels of dance steps like Isolations, Walks, Turns, Arms, Travelling and Combinations. These steps are taught and graded each term.

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Book today!

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