

TIMETABLE

TERM 1 2011



MONDAY

STUDIO 1 - MAIN CHEER GYM		
TIME	CLASS	
4.00-6.00pm	Teen Outlaws 11-18 yrs (IASF level 2)squad	AM,GD
6.00-7.00pm	*Tumbling (IASF level 1 & 2)	CJ,GD
7.00-9.30pm	Senior outlaws 17yrs & over (IASF level 2)squad	CJ,GD

STUDIO 2 - MAIN DANCE STUDIO		
TIME	CLASS	
4.00pm	11-18 yrs advanced jazz ballet	SS
5.00pm	11-18 yrs advanced theatrical troupe	SS
6.00pm	11-18 yrs advanced contemporary	SS
7.00pm	14 yrs & over elite troupe	SS
9.30pm		

STUDIO 3 - SMALL CHEER GYM		
TIME	CLASS	
4.00pm	11-18 yrs inter jazz ballet	
5.00pm	11-18 yrs inter theatrical	
6.00pm	*Flyers Class	AM
7.00pm		
8.00pm		
9.00pm		

TUESDAY

STUDIO 1 - MAIN CHEER GYM		
TIME	CLASS	
10.00am		
11.00am		
12.00pm		
1.00pm		
2.00pm		
3.00pm		
4.00-6.00pm	Junior Outlaws 8-14 yrs (IASF level 3/4) squad	RS,DI
6.00-6.30pm	*Partner stunt practice class or private lessons	
6.30-8.00pm	*Tumbling (IASF level 5 twisters only)	Scott & Co
8.00-9.30pm	Australian Outlaws 14 yrs+ (IASF level 5) squad	RS

STUDIO 2 - MAIN DANCE STUDIO		
TIME	CLASS	
10.00am	Ladies Tap	
11.15am	Ladies Belly Dancing	
12.30pm		
1.00pm		
2.00pm		
3.00pm		
4.00pm	Junior intermediate classical ballet	SS
5.00pm	8-14 yrs advanced jazz Ballet	SS
6.00pm	8-14 yrs advanced jazz/theatrical troupe	SS
7.00pm	14 yrs + senior intermediate contemporary	SS
8.00pm	14 yrs + senior intermediate jazz	SS
9.30pm		

STUDIO 3 - SMALL CHEER GYM		
TIME	CLASS	
10.00am		
11.00am		
12 pm		
1.00pm		
2.00pm		
3.00pm		
4.00pm		
5.45pm	*Cheer 3-7 levels program	DI
6.45pm	*Flyers class	RS
7.45pm		
9.00pm		

WEDNESDAY

STUDIO 1 - MAIN CHEER GYM		
TIME	CLASS	
4.00 - 5.30pm	Youth Outlaws 8-11 yrs (IASF level 1)squad	GM,DI
5.30 - 6.30pm	*Tumbling (IASF level 1 & 2)	DI,CJ
6.30 - 7.30pm	*All Girl level 5 squad Tumbling	CJ,DI
7.30 - 9.30pm	Australian Dream Girls level 5 squad	RS,CJ
9.30pm		

STUDIO 2 - MAIN DANCE STUDIO		
TIME	CLASS	
4.30pm	7-11 yrs beginner hip hop	CR
5.30pm	11-18yrs beginner hip hop	CR
6.30pm	8-14 yrs intermediate hip hop	PH
7.30pm	14 yrs +senior intermediate hip hop	PH
8.30pm	14 yrs +senior inter Jazz/contemporary	PH
9.30pm		

STUDIO 3 - SMALL CHEER GYM		
TIME	CLASS	
4.30pm		
5.30pm		
6.30pm	*Flyers class	RS
7.30pm		
8.30pm		
9.30pm		

THURSDAY

STUDIO 1 - MAIN CHEER GYM		
TIME	CLASS	
4.00-6.00pm	Junior Outlaws 8-14 yrs (IASF level 3/4) squad	RS,DI
6.00-6.30pm	*Partner stunt practice class or private lessons	
6.30-8.00pm	*Tumbling (IASF level 3 & 4)	AH,GD,JG
8.00-9.30pm	Australian outlaws 14 yrs+ (IASF level 5) squad	RS

STUDIO 2 - MAIN DANCE STUDIO		
TIME	CLASS	
4.00pm	Junior beginner Classical Ballet	
5.00pm	Inter classical Ballet	
6.00 pm	Adv classical Ballet	
7.30pm	14 yrs+ adv Senior Elite Dance Team	CR
9.30pm		

STUDIO 3 - SMALL CHEER GYM		
TIME	CLASS	
4.30pm	*Cheer Level 1 & 2 program	MM
5.30pm	*Cheer Level 3,4,5 program	MM
6.30pm		
6.45pm	*Flyers class	RS
7.45pm		
9.00pm		

FRIDAY

STUDIO 1 - MAIN CHEER GYM		
TIME	CLASS	
4 - 6pm	Teen Outlaws 11-18 yrs (IASF level 2) squad	AM,GD
6 - 7pm	*Tumbling (IASF level 1 & 2)	CJ,GD
7 - 8pm	*Tumbling practice class or private lessons	
8 - 9pm	*Partner stunt practice class or private lessons	

STUDIO 2 - MAIN DANCE STUDIO		
TIME	CLASS	
4.00pm	11yrs & U beg Classical Ballet	CR
5.00pm	11yrs & U beg Jazz Ballet	CR
6.00pm	11-18 yrs beg Jazz Ballet	CR
7.00pm	11-18yrs teen Outlaws Pom Squad-starts 25 th Feb	DC
8.00pm	14 yrs+ sen Outlaws Pom Squad-starts 25 th Feb	DC
9.00pm		

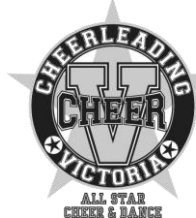
STUDIO 3 - SMALL CHEER GYM		
TIME	CLASS	
4.30pm	*Cheer Levels - Mini Stars 3-5 yrs	SB
5.15pm	Tiny Outlaws 3-5 yrs - squad tumble	CJ,SB
6.00pm	Tiny Outlaws 3-5 yrs - squad routine	AM,SB
6.45pm		
7.00pm		
8.00pm		

SATURDAY

STUDIO 1 - MAIN CHEER GYM		
TIME	CLASS	
9.00-10.30am	Youth Outlaws 8-11 yrs (IASF level 1)squad	GM,DI
10.30-11.30am	*Tumbling (IASF level 1)	DI,GM
11.30-1.00pm	Mini outlaws 5-8 yrs (IASF level 1)squad	SH,BS
1.00-2.30pm	Teen Squad 11-18 yrs (IASF level 1)squad	AM
2.30-3.30pm	*Tumbling (IASF level 2&3)	JG,GD
3.30-5.00pm	*Outlaw Legends 14yrs+ (IASF level 4.2)	AM,GD
5.00pm	*Open tumbling - all levels	GD
6.00pm		

STUDIO 2 - MAIN DANCE STUDIO		
TIME	CLASS	
9.00am	14 yrs & under intermediate jazz ballet	CR
10.00am	18 yrs & under intermediate jazz ballet	CR
11.00am	11-14 yrs Jun Outlaws Pom Squad-starts 25 th Feb	DC
12 - 1pm	8-11 yrs Youth Outlaws Pom Squad-starts 25 th Feb	DC
1.30pm	5-8 yrs jazz ballet (intermediate)	Asc
2.30pm	Mini jazz ballet troupe (Advanced) 5-8yrs	Asc
3.30pm		
5.00pm	NBL Tigers Cheerleaders (becomes 17yrs+ pom end of season)	DC

STUDIO 3 - SMALL CHEER GYM		
TIME	CLASS	
9.30am	5-8 yrs Mini Outlaws Pom Squad	
10.30am		
11.30am		
12.30pm	3-5 yrs jazz ballet (pre-school)	Asc
1.30pm		
2.30pm		
3.00pm	(Outlaw Legends warm-up ½ hour- NC)	AM
3.30pm		



OUTLAWS
ALL STAR
CHEER & DANCE

TIMETABLE

TERM 1
2011



**DANCER'S
EDGE**
PTY LTD

SUNDAY

STUDIO 1 - MAIN CHEER GYM

TIME	CLASS	
9.30am	Australian Outlaws 14 yrs+ (IASF level 5) squad	RS
10-12pm	Routine	RS
12.00pm	Tumble - level 5 squads twisters only	AH,GD
1.00pm	Australian Dream Girls level 5 squad	RS,CJ
2.00pm	Australian Dream Girls level 5 squad	RS,CJ
3-4 pm	*All Girl level 5 squad Tumbling	CJ,CC

STUDIO 2 - MAIN DANCE STUDIO

TIME	CLASS	
9.00am		
10.00am		
11.00am		
12.00pm	Wolfpack practice	
1.00pm	Wolfpack practice	
2.00pm	Wolfpack practice	

STUDIO 3 - SMALL CHEER GYM

TIME	CLASS	
9.00am		
10.00am		
11.00am		
12.00pm	*Flyers class	RS
1.00pm		
2.00pm		

2011 COACHES

- Anne-Marie Maguire (AM) ▪ Anthony Hodge (AH) ▪ Ascha Miles (Asc) ▪ Bo Sullivan (BS) ▪ Chantelle Jurinovic (CJ) ▪ Courtney Reardon (CR) ▪ Chris Chatfield (CC) ▪ Danielle Carlisle (DC) ▪ Debbie Inkster (DI) ▪ Gemma Miles (GM) ▪ Gordon Derry (GD) ▪ James Gibbons (JG) ▪ Mally McKinnon (MM) ▪ Pamela Habjan (PH) ▪ Rosemary Sims (RS) ▪ Shea Bilton-Gough (SB) ▪ Scott Unwinn (Scott) ▪ Shannon Sims (Sh) ▪ Sue-Ellen Shook (SS) ▪

Styles

JAZZ BALLET

Latest dance moves to latest music combined with technique, strength, flexibility & balance. A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

TROUPES/SQUADS

Selected dancers who work on routines for competitions and performances.

CLASSICAL BALLET

Ballet is a specific academic dance form and technique which is taught in dance schools. Works of dance choreographed using this technique are called **ballets**, and usually include dance, mime, acting, and music (usually orchestral but occasionally vocal). Ballet is best known for its unique features and techniques, such as Pointe work, turn-out of the legs, and high extensions; its graceful, flowing, precise movements; and its ethereal qualities.

CHEERLEADING

Combination of dance, tumbling, stunts, basket tosses, pyramids, pom-pom motions, chants and cheers, jumps and kicks, team leadership and fundraising. Performing on a regular basis Nationally & Internationally at major championships & major sporting events such as N.B.L. Melbourne Tigers, Victoria Basketball Association, Basketball Australia, International Basketball tournaments, Australian Football League, National Rugby League and spots on sporting television shows and television commercials.

TINY & PRE-SCHOOL

Classes designed for 3 - 5 year olds covering various styles of Dance including pom pom motions, cheers & tumbling. Starting with a warm-up, the classes are based on fun, giving each child direction on the area that will most suit them at school age.

FLYERS CLASS

Based on classical ballet bar and centre work, this class is designed to improve your flexibility, core strength and balance.

CONTEMPORARY

An expressionist form of dance where there are no boundaries.

POM POM

Poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different colour poms, etc.

HIP-HOP

The latest style of street dancing, as seen in rap video clips and at nightclubs, inspired by the likes of Missy, BEP & JT. Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks."

GROUP STUNT AND PARTNER STUNT

Stunts are defined as building performances displaying a person's skill or dexterity. Stunts range from basic two-legged stunts to one-legged extended stunts and high flying basket tosses. There are numerous variations of each basic stunt. Partner Stunt involves 2 people whilst a stunt group usually involves up to four bases holding or tossing another cheerleader in the air.

TUMBLING

Our TUMBLING program is designed to give our cheerleaders & dancers a good core base so as to slowly nurture them into confidently and safely executing all floor tumbling skills, ranging from the basic cartwheels & hand stands to backhand springs, lay outs, twists & Arabians.

CHEERLEADING VICTORIA & AASCF/ USASF Levels Program

A unique program which teaches the students everything they need to know about cheerleading whilst achieving certificates, medallions and trophies with lots of performance opportunities. For more information visit the AASCF Web-site on - www.aascf.com.au

OUTLAWS - CHEER SQUADS

By strict selection, squads programmed for Local & International All Star Cheerleading Competitions - CV & International Coaches.

IASF CHEERLEADING COACH CREDENTIALING

Rosemary Sims is the Australian representative for the education of the Internationality recognised IASF Cheerleading coach credentialing program. Interested coaches please contact Rosemary on r_sims@bigpond.com

2011 ENROLEMENT DAYS

Friday 28th January - 1pm - 8 pm

Saturday 29th January - 10am - 4pm

ALL CLASSES RECOMMENCE

Monday 31st January

2011 AT THE DANCERS EDGE & CHEERLEADING VICTORIA

PRIVATE LESSONS ALSO AVAILABLE

\$60.00 per 60 Minute / \$45.00 per 45 minute / \$30.00 per 30 minute

No classes held on all official public holidays