



	Monday	Tuesday	Wednesday	Saturday
	Riverstone RSL Sub-Branch & Rouse Hill Community Centre	Rouse Hill Public School	Rouse Hill Community Centre & Rouse Hill Public School	Rouse Hill Public School
Preschoolers	10:00am – 10:45am (Miss Chloe) Rouse Hill Community Centre			9:30am – 10:00am (Miss Kiara + Miss Ellie)
5 – 6 years	4:00pm – 4:45pm (Miss Chloe)		4pm – 4:45pm (Miss Laura)	10:00am – 10:45am (Miss Kiara + Miss Ellie)
7 – 8 years	4:45pm – 5:30pm (Miss Chloe)		4:45pm – 5:30pm (Miss Laura)	10:45am – 11:30am (Miss Kiara + Miss Ellie)
9 – 12 years	5:30pm – 6:30pm (Miss Chloe)		5:30pm – 6:30pm (Miss Laura)	11:30am – 12:15pm (Miss Kiara + Miss Ellie)
13 – 1 st Yr Senior		6pm – 7pm (Miss Carlee & Miss Mel)	6pm – 7pm (Miss Mel)	12:30 – 1:15pm (Miss Kiara + Miss Ellie)
Ladies – All Ages	10:00am – 11:00am (Miss Chloe) Rouse Hill Community Centre	7:00pm – 8:15pm (Miss Mel)	7:00pm – 8:15pm (Miss Mel)	8:30am – 9:30am (Miss Kiara + Miss Ellie)
2 nd yr – open Senior		8:15pm – 9:30pm (Miss Catherine & Miss Mel)	8:15pm – 9:30pm (Miss Mel & Miss Catherine)	

Rouse Hill Community Centre



	<p style="text-align: center;">Description</p>	<p style="text-align: center;">Fees</p> <p style="text-align: center;">*based on 3 terms **Family Discounts apply</p>
<p style="text-align: center;">Tiny Tots</p>	<p>Each week, they'll go on an adventure of imaginative movement to the soundtrack of beautiful movement. With nurturing teachers who encourage your little one by celebrating their progress and praising their growth, your child will smile every moment of the class. Through positive encouragement and engaging classes, children learn how to communicate through movement, music and performance, giving them the skills they need to thrive.</p> <p>Physie will teach your preschooler not only the joy of dance, but also the social skills they will need at school. Physie will give your daughter the strongest foundations to help her become a confident little girl.</p>	<p style="text-align: center;">Tiny Tots Classes (3-4yrs) \$85 per term Total per annum \$250 pa</p> <p style="text-align: center;">Includes Rouse Hill Physie Leotard and Tutu</p>
<p style="text-align: center;">Physie Syllabus</p>	<p>In the Physie Syllabus class you will learn and perfect the competition routines for the year ahead and prepare for individual and team competitions. Students will learn physie skills and positions as well as develop strength, flexibility, control and rhythm.</p> <p>Classes are fun and interactive and will support the development of social skills, discipline and teamwork.</p> <p>We recommend members 5 years – Ladies attend 2 Syllabus classes per week.</p>	<p style="text-align: center;">Junior Classes (5-12yrs) \$175 per term Total per annum \$525 pa</p> <p style="text-align: center;">Senior + Ladies Classes (13yrs +) \$190 per term Total per annum \$570 pa</p>
<p style="text-align: center;">Physie Basics Fitness & Marching Masterclass</p>	<p>Develop the stamina and strength to perform the physie syllabus to the best of your ability. Focus on developing core and leg strength along with technical skills such as jumps, turns and balances.</p> <p>Work hard on your flexibility and earn awards for achieving milestones such as ability to do leg splits, balance challenges and turn combos.</p> <p>Master correct posture, rhythm, strength, turnout, body control and fluid movement with this masterclass. In this class you will learn many physie fundamentals that will assist you to master your syllabus and improve your competition results.</p>	<p style="text-align: center;">Short courses and Workshops will be offered throughout the year – booking will be essential</p>