

Sefra Burstin Dance Studios

2021 Timetable



Studios 1 & 2: Upstairs 1236 Glenhuntly Rd
 Studio 3: Downstairs 1234A Glenhuntly Rd

BOYS: As well as Boys Only classes, there are boys in most levels and classes.

AGE: Guide only. Level also based on standard. **TROUPE AGE is age 1st Jan 2021.**

EXAM LEVELS: Test 1, Test 2, Test 3, Bronze Medal, Bronze Star, Silver Medal, Silver Star, Gold Medal, Gold Star, Advanced Major Levels.

CLASSICAL BALLET: To take ballet exams – Bronze Medal & higher, a minimum of two ballet classes per week must be taken.

TROUPES: Dancers selected for troupes must show commitment and dedication. Troupes are for dedicated dancers dancing a minimum 2 – 4 days per week. We have troupes for Sub-junior, Junior, Inter & Senior in all dance styles.

Not sure which classes are best for you? Call us on 0419 521 005 for more info

PRIVATE LESSONS & SINGING CLASSES – to book times please call 0419 521 005.

Monday

9.30 – 10.15 am	Pre-school dance	Ballet, Jazz & lots more	3 – 5 yrs
10.15 – 10.30		Tap Dance – option add on	
10.35 - 11.05 am	Tiny Toddlers	Toddler Dance	2 – 3 yrs
4.15 – 4.45	Classical Ballet	MINIS - Test 1 & 2	5 – 7 yrs
4.45 – 5.15	Jazz		
5.15 – 5.30	Tap Dance	Select 2, 3 or all 4 styles	
5.30 – 5.45	Acro		
4.30 – 5.15	Hip Hop	SUB-JUNIOR/ JUNIOR Level 1	7 -10 yrs
4.30 - 5	Hip Hop	SUB - JUNIORS	7 - 9 yrs
5 – 5.30	Classical Ballet	Bronze Medal – Bronze Star	
5.30 – 6	Jazz	& sub-junior troupe	
6 – 6.30	Tap Dance		
5.15 – 6	Tap Dance	INTERS	11-13 yrs
6 – 6.45	Hip Hop	Silver Star – Gold Star	
6.45 – 7.30	Jazz & lyrical	& 12 & under troupe	
6.45 – 7.15	Boys' Technique		
7.30 – 8.15	Classical		

Toddlers 2 – 3 years

Pre-schoolers 3 – 5 years

Minis 5 – 7 years

Sub-juniors 7 – 8 years

Juniors 9 – 10 years

Inters 11 – 13 years

Seniors 13 years & over

All Elite/ Troupe dancers

Adult classes

Tuesday

3.45 – 4.30	Pre-school dance	Ballet, jazz & lots more	3 – 5 yrs
4.30 – 4.45		Tap dance – optional add on	
4.45 – 5.45	Tap	JUNIORS	9 – 10 yrs
5.45 – 6.25	Ballet exam class	Bronze Star – Silver Medal	
6.25 – 7	Jazz exam class	& 10 & under troupe	
6.15 – 7	Tap exam & troupe	SENIORS	13 yrs & over
7 – 7.30	Jazz exam class	Gold Medal & Higher	
7.30 – 8.15	Classical	& 16 & u Troupes	
8.15 – 9	Lyrical Troupe		

Wednesday

9.30 – 10 am	Tiny Toddlers	Toddler Dance	2 – 3 yrs
10.05 – 10.50 am	Pre-school dance	Ballet, Jazz & lots more	3 – 5 yrs
10.50 – 11.05 am		Tap dance – option add on	
4 – 4.45	Pre-school dance	Ballet, Jazz & lots more	3 – 5 yrs
4.45 – 5		Tap dance – optional add on	
5 – 5.15		Acro & tumbling - optional	
4.30 - 5.15	Boys' Crew -	Breakdance & Hip Hop	4 – 7 yrs
5.15 – 5.30		Acro – optional add on	
5.30 – 5.45		Tap dance – optional add on	
5.15 – 6	Boys' Crew	Breakdance & Hip Hop	7 – 11 yrs
6 – 6.15		Acro & Tumbling	
6.15 – 6.45		Tap Dance	
6.15 – 6.45	Teen Boys	Tap Dance	11 & over
6.45 – 7.30		Breakdance Crew	
6 – 7	Classical Ballet	Includes pointe	12 & over
7 – 7.30	Troupe rehearsal		
7.30 – 8.30	Jazz & kick turn jump	INTERS & SENIORS	

Thursday

9.30 – 10 am	Tiny Toddlers	Toddler Dance	2 – 3 yrs
10.05–10.50 am	Pre-school dance	Ballet & Jazz & lots more	3 – 5 yrs
10.50–11.05 am		Tap dance- option add on	
4 – 4.30	Hip Hop	MINIS - Test 1 & 2	5 - 7 yrs
4.30 – 5	Classical Ballet	Select 2, 3, 4 or all 5 styles	
5 – 5.30	Jazz		
5.30 – 5.45	Tap Dance		
5.45 - 6	Acro		
5 – 5.30	Contemp/ Lyrical	JUNIOR TROUPE	9– 10 yrs
5.30 – 6.05 pm	Jazz	Bronze Star – Silver Medal	
6.05 – 6.40 pm	Ballet	& 10 & under Troupe	
6.40 – 7.30 pm	Stretch & Strength		
6.40 – 7.30 pm	Stretch & Strength	Extension- troupe dancers	8+
7.15 – 8.30 pm	ELITE EXTENSION on ZOOM	Held approx. each month teachers from round world	8+ Elite
8 – 8.45 pm	Adult jazz & funk	Fitness and fun dancing some great moves	Adults

Friday

9.30 - 10 am	Tiny Toddlers	Toddler Dance	2 – 3 yrs
10.05 – 10.50 am	Pre-school dance	Ballet & jazz	3 – 5 yrs
10.50 – 11.05 am	dance	Tap dance – option add on	
11.20 – 12.20	Adult ballet	Fitness, self-expression and fun	Adults
2.30 – 3.15	Pre-school dance	Ballet & jazz	3 – 5 yrs
3.15 – 3.30		Tap dance optional add on	
3.30 – 3.45		Acro & tumbling - optional	
4 – 4.40 pm	Classical Ballet	Bronze Medal & Bronze Star	7 - 8 yrs
4.40 – 5.15 pm	Jazz	& SUB-JUNIOR TROUPE	
5.15 – 5.45 pm	Tap Dance	Choose 2, 3 or all 4 styles	
5.45 – 6	Acro		

Saturday

9 – 9.30 am	Classical Ballet	MINIS - Test 2 & 3	6 – 7 yrs
9.30 – 10 am	Jazz	Select 2, 3 or all 4 styles	
10 – 10.30 am	Tap		
10.30 – 11 am	Acro		
9.15 – 9.45	Classical Ballet	MINIS - Test 1	5 – 6 yrs
9.45 – 10.15	Jazz	Select 2, 3 or all 4 styles	
10.15 – 10.30	Tap		
10.40 – 11	Acro		
10.30 – 11.15	Pre-school dance	Ballet & Jazz & lots more	3 – 5 yrs
11.15 – 11.30		Tap Dance - option add on	
11.30 – 11.45		Acro & tumbling - optional	
10.30 – 11.15	Hip Hop	SUB-JUNIORS	7 – 9 yrs
11.15 – 11.30	Boys' Extra	(one day a week dancers or non-troupe)	
11.15 – 11.45	Ballet	Test Three - Bronze	
11.45 – 12.15	Jazz		
12.15 – 12.35	Tap		
12.35 – 1	Acro		
10.30 – 11.15	Hip Hop	Junior & Sub-junior	7 – 10 yrs
10.15 – 11.05	Hip Hop	SUB-JUNIORS – TROUPE	7 - 8 yrs
11.05 – 11.30	Boys' Extra		
11.15 – 11.45	Lyrical		
11.45 – 12.30	Musical Theatre		
12.50 – 1.30	Stretch & Strength		
1.30 – 2.30	Acro		
11.30 – 12.15	Hip Hop	JUNIORS TROUPE	9 – 10 yrs
12.15 – 12.50	Musical Theatre		
12.50 – 1.30	Stretch & Strength		
1.30 – 2.30	Acro		
2.45 – 3.05	Kicks, turns, jumps		
3.05 -3.20 extra	Tumble Extension		
12.45 – 1.30	Stretch & Strength	INTERS TROUPE and SENIOR TROUPE	12 – 13 yrs & 14 yrs & over
1.30 – 2.20	Contemp & Broadway		
2.20 – 3.05	Hip Hop – SENIOR		
3.05 – 3.20	Boys extra		
2.35 – 3.05	Pre-pointe/tech INT		
3.05 – 3.20	Tumble Extension		
3.20 – 4.15	Acro		
4.15 – 4.45	Teacher Training		

