



Unit 24/14 Jubilee Ave WARRIEWOOD NSW 2102 Phone: 0402 726 676  
[www.capa-academy.com.au](http://www.capa-academy.com.au) / [admin@capa-academy.com.au](mailto:admin@capa-academy.com.au)

## 2021 Pre-School Programs (3 – 5yrs)

DAY	TIME	CLASS	GROUP
<b>Monday</b>	9:45am - 10:30am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	3 - 5yrs
	10:30am - 11:30am	<b>C.A.P.A Dance</b> (Ballet, Tap, Jazz & Acrobatics)	3 - 5yrs
<b>Tuesday</b>	9:45am-10:30am	<b>C.A.P.A AcroDance</b> (Limbering, Tumbling, Stretch & Strength)	3 - 5yrs
<b>Wednesday</b>	9:45am - 10:30am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	3 - 5yrs
	10.30am - 11:15am	<b>C.A.P.A Classical Ballet</b> (Fundamentals, Foundations, Technique)	3 - 5yrs
<b>Friday</b>	9:45am - 10:30am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	3 - 5yrs
	10:30am - 11:30am	<b>C.A.P.A Dance</b> (Ballet, Tap, Jazz & Acrobatics )	3 - 5yrs
<b>Sunday</b>	9:45am - 10:30am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	3 - 5yrs
	10:30am - 11:30am	<b>C.A.P.A Dance</b> (Ballet, Tap, Jazz & Acrobatics )	3 - 5yrs

**C.A.P.A Creative:** A 45 minute combination class that includes all genres of the Performing Arts, Dance-Drama-Music & Play.

**C.A.P.A Dance:** A 60 minute combination class that includes all genres of Dance, Ballet-Tap-Jazz & Acrobatics.

**C.A.P.A Ballet:** A 45 minute class that includes all aspects of R.A.D Classical Ballet, Foundation- Fundamentals-Technique & Expression.

**C.A.P.A Acrodance:** A 45 minute class that includes safe and effective progressions, physical and social skills essential for early childhood development, Strength-Stretch-Limbering- Balance & Tumbling.



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