



Unit 24/14 Jubilee Avenue Warriewood Phone: 0402 726 676
www.capa-academy.com.au / admin@capa-academy.com.au

2021 Pre-Teen (10-12yrs)

DAY	TIME	CLASS
Monday	4:45pm-5:45pm	Open Classical Ballet Inter-Foundation/Intermediate/Advanced 1 & 2
	5:45pm- 6:45pm	RAD Grade 5 Ballet
Tuesday	3:45pm - 4:45pm	RAD Grade 4 Ballet
	4:45pm-5:45pm	Drama (Acting for Stage and Screen)
	4:45pm-5:45pm	Jazz/Funk & Dance Technique
	5:45pm – 6:45pm	Contemporary & Lyrical
Wednesday	3:45pm- 4:45pm	Musical Theatre (Sing, Dance, Act)
	4:45pm - 5:45pm	Singing (Technique, Skills, Styles)
	4:45pm-5:45pm	RAD Intermediate Foundation Ballet
	5:45pm - 6:45pm	Open Pointe Class: Grade 5 / Inter- Foundation / Intermediate / Advanced 1+2
Thursday	4:45pm - 5:45pm	RAD Grade 4 Ballet
	5:45pm – 7:15pm	Acrobatics & Tumbling (Level 3-4-5-6-7)
	Friday	3:45pm - 4:45pm
	4:45pm- 5:45pm	Tap Attack OZ
	4:45pm - 5:45pm	Hip Hop
	5:45pm- 6:30pm	Hip Hop Competition Team
	Saturday	10:45am – 11:30am
	11:30am- 12:15pm	Contemporary Competition Team
	12:15pm-1:00pm	Jazz Competition Team
	11:30am-12:30pm	Drama (Acting for Stage and Screen)
	12:30pm – 1:30pm	Jazz/Funk & Dance Technique
	1:30pm – 2:30pm	Open Classical Ballet Grade 3-4-5
	2:30pm – 4:00pm	Acrobatics, Tumbling, Silks & Lyra Competition Team (Level 3-5-6-7)



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2021 Teen (13 – 14yrs)

DAY	TIME	CLASS
Monday	4:45pm-5:45pm	Open Classical Ballet Inter-Foundation/Intermediate/Advanced 1 & 2
	5:45pm- 6:45pm	RAD Grade 5 Ballet
Tuesday	3:45pm – 4:45pm	RAD Grade 4 Ballet
	4:45pm – 5:45pm	Jazz/Funk & Dance Technique
	5:45pm – 6:45pm	Contemporary & Lyrical
	6:45pm- 7:45pm	Drama (Acting for Stage and Screen)
Wednesday	4:45pm – 5:45pm	RAD Ballet Intermediate – Foundation Ballet
	4:45pm – 5:45pm	RAD Ballet Intermediate Ballet
	5:45pm – 6:45pm	Open Pointe Class: Grade 5 Inter-Foundation/Intermediate /Advanced 1+ 2
	5:45pm -6:45pm	Singing (Technique, Skills, Styles)
	6:45pm-7:45pm	Musical Theatre (Sing, Dance, Act)
Thursday	5:45pm -7:15pm	Acrobatics & Tumbling (Level 3-4-5-6-7)
Friday	3:45pm-4:45pm	RAD Ballet Grade 5
	4:45pm-5:45pm	Tap Attack Oz
	5:45pm – 6:45pm	Hip Hop
	6:45pm – 7:15pm	Hip Hop Competition Team
Saturday	10:45am-11:30am	Tap Competition Team
	11:30am-12:15pm	Musical Theatre Competition Team
	12:15pm-1:00pm	Contemporary Competition Team
	1:00pm- 1:45pm	Jazz Competition Team
	2:30pm – 4:00pm	Acrobatics, Tumbling, Silks & Lyra Competition Team (Level 3-5-6-7)



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