



## WORKSHOPS - come and join us

You do not have to be a PDA Dancer to take part 😊

We are excited to introduce to our Competitive Teams

### FREESTYLE FRIDAYS

Dancers will get the opportunity during the Season to work with other Teachers, other than your weekly awesome PDA Faculty, for Workshops brought right to you in the comfort of your 2<sup>nd</sup> HOME - PDA 😊

**All Workshops -1 Hour Duration**

**Cost \$35.00 (includes GST)**

Once paid is **NON-REFUNDABLE OR TRANSFERABLE FOR ANY/ALL** reasons.

Limited Space - sign up early 😊

Dancers must sign up for the Workshops up to one Week prior to the class start date. Dancers attendance **WILL** be monitored and **ALL** dancers must stop at the office for a wristband before they go into the Workshop Class and check in with their attendance for that week's class.

Dancers may **ONLY** take the level they have been assigned to. Studio Directors **MAY** combine Levels based on Registrations.

**Wristbands cannot be obtained before the date/time of the Workshop.**

Please arrive 15-20 minutes prior to get your band.

Junior/Apprentice Level	MUST take Minimum 2 Workshops during the Term
Pre-Int./Int. Level	MUST take Minimum 2-4 Workshops during the Term
Pre-Senior. Level	MUST take Minimum 2-5 Workshops during the Term
Senior Level	MUST take Minimum 2-5 Workshops during the Term



## COMPETITION TEAM WORKSHOPS

WORKSHOPS AVAILABLE THIS SEASON WILL BE

- ACRO
- BALLET
- CONDITIONING
- CONTEMPORARY
- HIP-HOP
- IMPROV.
- JAZZ/STREET JAZZ
- JUMPS & TURNS
- LYRICAL
- MUSICAL THEATRE
- TAP
- YOGA/PILATES

TRY SOMETHING NEW 😊

Make your experience all about YOU and be adventurous

## FREESTYLE FRIDAYS



FRIDAY SEPTEMBER 25<sup>TH</sup>

### **CONDITIONING**

JUNIOR & APPRENTICE LEVELS

5:30 - 6:30 PM

PRE-INT LEVEL & UP LEVELS

6:30 - 7:30 PM



FRIDAY OCTOBER 2ND

### **BALLET**

JUNIOR/APPRENTICE LEVEL

4:30-5:30 PM

PRE-INT./INT. LEVEL

5:30 - 6:30 PM

PRE-SENIOR LEVEL

6:30 - 7:30 PM

SENIOR LEVEL

7:30 - 8:30 PM

FRIDAY OCTOBER 23RD

### **ACRO**

JUNIOR/APPRENTICE LEVEL

4:30-5:30 PM

PRE-INT./INT. LEVEL

5:30 - 6:30 PM

PRE-SENIOR LEVEL

6:30 - 7:30 PM

SENIOR LEVEL

7:30 - 8:30 PM



FRIDAY NOVEMBER 6TH

**JUMPS & TURNS**

JUNIOR/APPRENTICE LEVEL

4:30-5:30 PM

PRE-INT./INT. LEVEL

5:30 - 6:30 PM

PRE-SENIOR LEVEL

6:30 - 7:30 PM

SENIOR LEVEL

7:30 - 8:30 PM

FRIDAY NOVEMBER 20TH

**TAP**

JUNIOR/APPRENTICE LEVEL

4:30-5:30 PM

PRE-INT./INT. LEVEL

5:30 - 6:30 PM

PRE-SENIOR LEVEL

6:30 - 7:30 PM

SENIOR LEVEL

7:30 - 8:30 PM



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**FRIDAY DECEMBER 4TH**

**JAZZ/STREETJAZZ**

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM

**FRIDAY DECEMBER 18TH**

**MUSICAL THEATRE**

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM



FRIDAY JANUARY 15TH

**HIP-HOP**

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM

**IMPROV.**

FRIDAY JANUARY 29TH

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM

# February

FRIDAY FEBRUARY 19<sup>TH</sup>

## LYRICAL

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM

# March

FRIDAY MARCH 5<sup>TH</sup>

## CONTEMPORARY

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM

FRIDAY MARCH 19<sup>TH</sup>

## YOGA/PILATES

JUNIOR/APPRENTICE LEVEL	4:30-5:30 PM
PRE-INT./INT. LEVEL	5:30 - 6:30 PM
PRE-SENIOR LEVEL	6:30 - 7:30 PM
SENIOR LEVEL	7:30 - 8:30 PM