



# SANDRINGHAM COLLEGE

## *Dance Conditioning Classes*



As part of our Dance Conditioning Program Sandringham College now offers two **Dance Conditioning Classes**, incorporating Pilates (with a qualified APMA instructor) and the pre-recognition conditioning program Ballet Torque Body. Classes are **open to the community** and run in our fully refurbished dance studio at Sandringham College, Holloway Road, Sandringham.

### *Years 7-12 Conditioning Classes*

Wednesday & Friday mornings

7.30am-8.30am

Classes are \$20 per session.

### *Year 7-12 Intermediate Ballet Classes*

Run by a highly qualified Classical Ballet coach

Thursday evenings

4.30pm-6.30pm

Classes are \$15 per session.

### *Year 7-12 Intermediate Pointe Classes*

Run by a highly qualified Classical Ballet coach

Thursday evenings

6.30pm-7.30pm

Classes are \$15 per session.

For further information about these programs, please contact the college on 8599 0500 or visit the college website to lodge an inquiry.

[www.sandringhamsc.vic.edu.au](http://www.sandringhamsc.vic.edu.au)

