

# RIO RHYTHMICS LATIN DANCE ACADEMY SCHEDULE | 06 JAN - 15 MAR

| MONDAY  |   | TUESDAY   |   | WEDNESDAY  |  | THURSDAY   |   | FRIDAY   | SATURDAY  |   | SUNDAY  |   |   |   |   |   |  |
|---|---|---|---|--|--|--|---|--|---|---|---|---|---|---|---|---|--|
| Studio 1  | Studio 2  | Studio 1  | Studio 2  | Studio 1   | Studio 2   | Studio 1   | Studio 2  | Studio 2   | Studio 1  | Studio 2  | Studio 1  | Studio 2  |   |   |   |   |  |
| <b>WORKSHOPS &amp; FREE LESSONS</b>   |   |   |   |  |  |  |   |  |   |   |   |   |   |   |   |   |  |
|   |   |   |   | <b>DANCE ESSENTIALS WORKSHOPS</b><br>15 Jan & 22 Jan @ 5.40pm<br>Lead, Follow, Connect<br><b>\$20 for both</b> |  | <b>LATIN DANCE INTRO LESSONS</b><br>29 Jan & 5 Feb @ 5.40pm<br><b>Free   All Welcome</b>     |   | <b>LATIN DANCE INTRO LESSONS</b><br>5.40pm   5 Mar & 12 Mar<br><b>Free   All Welcome</b> |   | FOR THE WEEKEND SOCIAL<br>LATIN DANCER:<br><br>WORKSHOP-STYLE CLASSES<br>Weekly: 6pm & 7pm<br><br><b>Included in Memberships<br/>                     Or Friday Night Class Passes</b>                |   | <b>TECHNIQUE LAB WORKSHOPS</b><br>18 Jan & 25 Jan @ 2pm<br>Ladies Brazilian Zouk Styling<br><b>\$40 for both Labs</b> |   |   |   |   |  |
| <b>MORNING CLASSES</b>  |   |   |   |  |  |  |   |  |   |   |   |   |   |   |   |   |  |
|   |   |   | <b>9:30am</b><br>Latin Dance Starter<br>From 11 Feb (10wks)                           |  |  |  |   |  |   |   |   |   | <b>10am</b><br>Samba Starter<br>10wks, From 11 Jan                                      |   | <b>10am</b><br>Foundation A<br>Continued from 2019<br>Ongoing from 11 Jan |   |  |
| <b>AFTERNOON &amp; NIGHT CLASSES</b>  |   |   |   |  |  |  |   |  |   |   |   |   |   |   |   |   |  |
| <b>5.00pm</b><br>Free Dance Space<br>Brazilian Zouk   |   | <b>5.00pm</b><br>Free Dance Space<br>Salsa & Bachata                                    |   | <b>3.45-4.30PM</b><br>Latin Dance Junior<br><br><b>4.30-5.15PM</b><br>Latin Dance Youth                        |  | <b>5.00pm</b><br>Free Dance Space<br>Samba de Gaf & Bolero                                   |   |  |   | <b>Workshop-Based Classes for the Social Dancer</b><br><br>Be challenged as you learn variations of social sequences. Dance them into your repertoire. It's yours for Baile & your social nights out. |   | <b>12pm</b><br>CHOREO COURSE<br>Brazilian Zouk, Int+ From 2 May (Casa do Zouk)  |   | <b>2.30pm</b><br>Cuban Salsa Starter<br>From 12 Jan (10wks) |   | <b>1pm</b><br>SPECIALTY CLASS<br>Pilates for Dancers<br>45min<br><a href="#">Drop-in class online</a> |  |
| <b>5.40pm</b><br>Brazilian Zouk<br>Intermediate<br>Ongoing                                  | <b>5.40pm</b><br>Latin Dance Starter<br>From 6 Jan (10wks)                            | <b>5.40pm</b>   7 Jan - 4 Feb (5wks)<br>SPECIALTY COURSE<br>Salsa Spin Technique   Open |   | <b>5.40pm</b><br>Bachata<br>Intermediate<br>Ongoing  | <b>5.40pm</b><br>Samba de Gafieira & Bolero<br>Intermediate<br>Ongoing | <b>5.40pm</b><br>Latin Dance Starter<br>From 12 Feb (10wks)                                  | <b>5.40pm</b>   9 Jan - 6 Feb (5wks)<br>SPECIALTY COURSE<br>Latin Dance Fitness | <b>5.40pm</b><br>Foundation A<br>Continued from 2019<br>Ongoing from 9 Jan               |   | <b>6pm</b><br>SPECIALTY SYLLABUS<br><br>Social Samba de Gaf<br>5 Classes, starts 10 Jan --<br><br>Social Bachata<br>5 Classes starts 14 Feb   | <b>2pm</b><br>Latin Dance Starter<br>10wks, From 15 Feb                         | <b>2pm - 2.45pm</b><br>Kids & Youth<br>Latin Dance Junior (6-10yrs)   | <b>3pm-4.00pm</b><br>Cuban Salsa & Rueda<br>Practica   All Welcome<br><b>Free Entry</b> | <b>2pm</b><br>Kizomba Open<br>Ongoing                       | <b>4pm</b><br>Cuban Salsa & Rueda<br>Foundation<br>Ongoing                | <b>3pm</b><br>Kizomba Starter<br>From 12 Jan (10wks)  |  |
| <b>6.40pm</b><br>Brazilian Zouk<br>Upper Intermediate<br>Ongoing                            | <b>6.40pm</b><br>Foundation A<br>Continued from 2019<br>Ongoing from 6 Jan            | <b>6.40pm</b><br>Salsa<br>Intermediate<br>Ongoing                                       | <b>6.40pm</b><br>Bachata<br>Upper Intermediate<br>Ongoing                             | <b>6.40pm</b><br>Foundation A<br>Continued from 2019<br>Ongoing from 8 Jan                                     | <b>6.40pm</b><br>Latin Dance Starter<br>From 8 Jan (10wks)             | <b>6.40pm</b><br>Latin Dance Starter<br>From 9 Jan (10wks)                                   | <b>6.40pm</b><br>Tango Starter<br>From 9 Jan (10wks)                            |  | <b>7pm</b><br>SPECIALTY SYLLABUS<br><br>Social Brazilian Zouk<br>5 Classes, starts 10 Jan --<br><br>Social Rueda<br>5 Classes starts 14 Feb | <b>3pm-4.20pm</b>   18 Jan - 21 Mar (10wks)<br>STUDY GROUP<br>Brazilian Zouk with Ju & Rafael   Advanced  | <b>2.45-3.30pm</b><br>Kids & Youth<br>Latin Dance Starter<br>Youth (11+yrs)     | <b>4pm</b><br>Cuban Salsa Starter<br>From 16 Feb (10wks)  | <b>3pm</b>   From 22 Mar<br>Kizomba Foundation<br>Ongoing                               |   |   |   |  |
| <b>7.40pm</b><br>Brazilian Zouk<br>Upper Int / Advanced<br>Ongoing                          | <b>7.40pm</b>   6 Jan - 3 Feb (5wks)<br>SPECIALTY COURSE<br>Brazilian Zouk Fast-Track | <b>7.40pm</b><br>Salsa<br>Upper Intermediate<br>Ongoing                                 | <b>7.40pm</b><br>Bachata 3<br>Upper Int/Advanced<br>Ongoing                           | <b>7.40pm</b><br>Samba de Gafieira & Bolero<br>Upper Intermediate<br>Ongoing                                   | <b>7.40pm</b><br>Samba no Pé with Beto<br>Foundation+<br>Ongoing       | <b>7.40pm</b>   9 Jan - 5 March (8wks)<br>SPECIALTY SYLLABUS<br>Dance Mastery<br>Foundation+ | <b>7.40pm</b><br>Tango Foundation<br>Ongoing, From 9 Jan                        |  | <b>8pm - Late</b><br>Weekly:<br>FRIDAY BAILE  | <b>4.30-6pm</b><br>Student Performance Team<br>By Application, from 1 Feb<br>Info Session 18 Jan  | <b>3.30-4.15pm</b><br>Kids & Youth<br>Latin Dance Foundation+<br>Youth (11+yrs) | <b>5pm</b><br>Cuban Salsa & Rueda<br>Intermediate<br>Ongoing  | <b>6pm</b><br>Cuban Salsa & Rueda<br>Upper Int. / Advanced<br>Ongoing                   |   |   |   |  |
| <b>8.40pm</b>   6 Jan - 18 May<br>SPECIALTY SYLLABUS<br>Brazilian Zouk Extension<br>Level 2 | <b>8.40pm</b>   6 Jan - 18 June<br>SPECIALTY SYLLABUS<br>Dance Mastery<br>Open level  | <b>8.40pm</b><br>Salsa<br>Upper Int / Advanced<br>Ongoing                               | <b>8.40pm</b>   21 Jan - 24 March (10wks)<br>STUDY GROUP<br>Samba de Gaf, Ju & Rafael | <b>8.40pm</b><br>Samba de Gafieira & Bolero<br>Upper Intermediate / Advanced                                   | <b>8.40pm</b><br>Samba no Pé with Beto<br>Int / Upper Int<br>Ongoing   | <b>8.40pm</b>   9 Jan - 21 May<br>SPECIALTY COURSE<br>Forró Open                             | <b>8.40pm</b><br>Tango Intermediate   |  | <b>8pm - Late</b><br>Weekly:<br>FRIDAY BAILE  | <b>LATIN MIX</b><br><b>7pm - fill late</b> Latin Mix Intro<br>Lesson & Social dancing   | <b>5.30pm - 7.30pm</b><br>Fortnightly:<br>Tango Practica                        |   |   |   |   |   |  |

## LEVELS

**Starter** Perfect for absolute beginners & those new to the fun & adventures of Latin partner dance! New to dance or partner dance - all welcome!

**Foundation** Completed Starter, or have a basic level of Latin partner dance experience.

**Intermediate** You have a solid dance foundation in the basics of Latin partner dance. Expect to cover essential movements and move deeper into the dance style-specific elements of: technique, floor craft, leading and following.

**Upper Intermediate** You have multiple years of dance under your belt and are comfortable leading/following a variety of movements and turns and are developing a more sophisticated "conversation" of partner dance. Emphasis is on improving your own style and ability to dance to faster music by refining your leading and following skills, floor-craft, footwork and movement through more complex variations.

**Upper Int. / Advanced** Highest level social-oriented dance course. You have a high level of ease in moving around the dance-floor and dancing more complex turn patterns. Focus on building deeper dance skills across classic style elements and mastering the contemporary and classic trends shaping the style. This is an evergreen course level which can be danced ongoing.

**Advanced / Performance** Highest levels of physical challenge, build your endurance, flexibility and dynamism in the style you are now mastering. Learn more tricks, dips and performance-level oriented dance skills. Our performance Team is an evergreen course which can be danced ongoing, contact us to find out more.

**Open** All welcome, dance experience in the style is recommended. Any specific requirements will be noted in the course.

**Fast-Track** All welcome, beginners and those new to the style welcome

## SATURDAYS @ 1PM RIO MEMBERS: COMMUNITY WORKSHOPS Free for all Rio Current Students

### JANUARY & FEBRUARY

**11 Jan** Ladies styling for all styles - how to use your arms, legs & body to enhance your dance **1 Feb** Lead & Follow Essentials + Swapping Roles

**18 Jan** Tips & Exercises for longevity as a social dancer **8 Feb** Secret Women's Business

**25 Jan** Basics of Portuguese & Spanish for Latin Dancers