



DANCE NORTH DANCE NORTH

\\SWEATSHOPS INFORMATION AND
2010 REGISTRATION FORM

\\ SWEATSHOPS – THINGS YOU NEED TO KNOW

The information below is provided to answer some of the questions you may have so that you can work your way to a fitter and leaner self.

\\ What classes are being offered and when?

Dancenorth will be offering a variety of Sweatshop classes in 2010 across 4 x 10 week blocks. Term 1 styles include Pilates, Hip Hop, Contemporary and Street Funk. Others to be introduced in term 2 include Yoga and circuit classes. Dates for the terms are as follows:

All classes 6-7pm	Monday	Tuesday	Wednesday	Thursday	
Term 1 25 Jan – 1 Apr	Pilates	Hip Hop	Contemporary	Yoga* (upstairs)	Street Funk
Term 2 12 Apr – 25 Jun	Pilates	Circuit Fitness	Contemporary	Yoga (upstairs)	Street Funk
Term 3 12 Jul – 17 Sept	Pilates	Hip Hop	Contemporary	Yoga (upstairs)	Street Funk
Term 4 4 Oct – 10 Dec	Pilates	Circuit Fitness	Contemporary	Yoga (upstairs)	Street Funk

*Yoga to commence 10 February, 2010. Please note classes will not take place on public holidays or during production weeks and are subject to change. Production weeks run from 31/5/10 – 3/6/10 and 15/11/10 – 18/11/10. Term 2 has been extended to 11 weeks in lieu of this.

\\ Who will be instructing?

This year's classes allow the public to engage further with Dance North by providing access to the dancers. In term 1, three of the five classes will be taught by our dancers. Pilates classes will be run by Rebecca Forde from Dragonfly who is well experienced in her field and Yoga will be taken by Tatjana Good, a certified Sivananda Yoga Instructor (200h-level). All Sweatshop instructors are endorsed by Dancenorth for the quality, invigorating and fun fitness environment they offer.

\\Class location

Classes will be held at Dancenorth, corner of Stanley & Walker Streets in Townsville's CBD.

\\What should I bring and wear?

You should bring a towel and a water bottle and should wear comfortable clothing which doesn't restrict your movement and appropriate footwear with non-marking soles. If you participate in Pilates, you will also need to bring a mat.

\\Where can I park?

There is plenty of free on-street car parking surrounding Dancenorth's building.

\\I have never learnt dance before, is that OK?

Learning to dance should be joyous and exciting. Dancenorth's Sweatshops classes are designed for participants over 15 years and incorporate all levels of fitness and coordination in addition to dance experience. If you are still concerned, ask around your class, there are probably a fair few people who are in the same boat as you are!

\\Class changes:

Due to popular demand, Dancenorth may change classes with notice provided via Dancenorth's facebook group "I'm a Dancenorth Sweatshopper", via SMS, during class or written notice beside the sign in book.

\\How can I contact you?

Dancenorth's business hours are from 10am to 5pm Monday to Friday excluding public holidays. Phone: 47722549 or for more info about the company check out www.dancenorth.com.au

\\Sweatshops on Facebook

Dancenorth have a Sweatshops Facebook group where you can meet other Sweatshoppers and more. Check it out via Dancenorth's Facebook fan site: www.new.facebook.com/pages/Dancenorth/12291184658

There is now a Facebook group open to Sweatshops participants "I am a Dancenorth Sweatshopper" which is a meeting place to chat, learn about dance techniques and more. Search for it when you are next logged in!

\\ SWEATSHOPS – OPTIONAL QUESTIONS

Please do take the time to complete the optional questions on the back to assist Dancenorth to run the Sweatshops program and keep costs to a minimum.

The questions below assist Dancenorth in our administrative and marketing activities.

Where did you hear about Sweatshops (please tick)?

- | | |
|------------------------|--------------------------|
| Radio | <input type="checkbox"/> |
| The Sun | <input type="checkbox"/> |
| Townsville Bulletin | <input type="checkbox"/> |
| Townsvilleeye | <input type="checkbox"/> |
| TV | <input type="checkbox"/> |
| Flyer | <input type="checkbox"/> |
| A Friend | <input type="checkbox"/> |
| Dancenorth's website | <input type="checkbox"/> |
| The Place Street Press | <input type="checkbox"/> |
| Facebook | <input type="checkbox"/> |
| A Participant | <input type="checkbox"/> |
| Came to a production | <input type="checkbox"/> |
| Elsewhere | <input type="checkbox"/> |

Have you been to Dancenorth before? If so, how often? (please circle)

- | | |
|---|--------------------------|
| A long time ago | <input type="checkbox"/> |
| Once in 2009 | <input type="checkbox"/> |
| Twice in 2009 | <input type="checkbox"/> |
| 3 times in 2009 | <input type="checkbox"/> |
| I've been to every production in the last 2 years | <input type="checkbox"/> |

Would you like to be added to Dancenorth's mailing list to keep up-to-date with the latest Dancenorth news, announcements and special offers? Y / N

Is there anybody else that you would like us to send Dancenorth's latest e-news and event invitations to? Y / N

If so, please fill in their name and email address below:

Name and email address: _____

Do you identify as being of Aboriginal or Torres Strait Islander descent (please circle)? Y / N

DANCENORTH