

THE SIX WEEK COURSE – LEVELS BEGINNER TO ADVANCED (6 LEVELS OF COMPETENCY)

The classes are designed over a Six-week course format. Over the six weeks, Pole Catz will progress you through exercises on the pole that match your fitness levels and development. As you get stronger and more confident each week, we will give you a more challenging workload and this will be formulated into a routine over the six-week course.

Your gains over the six weeks can be proudly displayed to family and friends at the Post-Course Performance and Graduation Night. This night is held on the 7th week at the same time as your usual course.

Upon graduation, you will be given information on further POLE CATZ classes, including Intermediate/Advanced classes, practice sessions and conditioning classes. So you needn't stop there... we encourage all students to continue to develop their skills. .

Beginner One and Two Pole Kittens Courses

Beginner One introduces the student to the art of pole dance where students will learn 10 pole tricks and seductive dance moves to comprise a slower-paced pole routine.

Beginner Two extends the pole tricks from Beginner One and includes 10 new tricks slightly more difficult. A 3-minute routine is also formed, which is slightly faster paced and slightly more dance based.

Intermediate One & Two Pole Cats Courses

Intermediate One begins developing the strength of the student with relevant pole climbs and movements up the pole. Students will learn 10 pole tricks, which are more challenging and will also form a 3-4 minute routine, increasing anaerobic fitness levels.

Intermediate two increasing challenges the individual with pole tricks to 'wow' any audience. Students will begin to go upside down on the pole and perform 10 new tricks. A routine will also be completed including many previous tricks learnt and new tricks.

Advanced One and Two Pole Catz Courses

Advanced One extends on the pole tricks learnt in the previous 4 courses and also includes 10 new tricks. This course includes a 3-4 minute routine and is a great course to prepare individuals for the challenge of Advanced Two.

Advanced Two includes the most challenging pole tricks and dance movements. This course requires incredible endurance and strength. An amazing routine is put together including moves from Beginner through to Advanced.