

**Groove Central**

**University  
of Wollongong**



**Information Handbook  
2016**

## About Us

Groove Central is a Street Dance society that was established at UOW in 2012. The original members are Andrew 'Bubblez' Phan, Johnny Quach, Melody Lewis, Aiman El-Roubaei, and Bransen Noel-Gough.

Groove Central's aim is to bring together everyone and anyone who is interested in dancing, no matter what skill level or background.

With patience, and appropriate guidance, we provide a laid-back and friendly atmosphere for anyone interested in stepping out of their comfort zone wanting to learn a few moves.

We offer beginner level classes in various styles of street dance such as Hip-hop, breaking and popping. Throughout the year we also have opportunities to perform for organizations and events and would love you to join us and be a part of this experience (see information below).

Our overall objective is to spread the street dance culture throughout Wollongong, showcasing our abilities and encouraging others to develop a passion as strong as our own.

## Current Executives

President – Andrew 'Bubblez' Phan  
Vice President – Johnny 'JayQ' Quach  
Secretary – Frederick 'Freddie Fresh' Touch  
Treasurer – Phuongiee 'Thi' Tran

## Instructors

Jasmine Vo – Hip Hop, Performance Crew  
Johnny Quach – Breaking, Performance Crew  
Andrew 'Bubblez' Phan – Popping, Performance Crew



## Timetable

Our current schedule for classes is on a Wednesday evening during the University Semester. However, in the near future we will be holding a day time class – so please keep posted via social media such as our Facebook page or Instagram.

Below is our current timetable:

UNI WEEK	5:30pm – 6:30pm	6:30pm – 7:30pm
	Class	Class
Week 1	Hiphop	Performance Crew
Week 2	Breaking	Popping
Week 3	Hiphop	Performance Crew
Week 4	Breaking	Popping
Week 5	Hiphop	Performance Crew
Week 6	Breaking	Popping
Week 7	Hiphop	Performance Crew
Week 8	Breaking	Popping
Week 9	Hiphop	Performance Crew
Week 10	Breaking	Popping
Week 11	Hiphop	Performance Crew
Week 12	Breaking	Popping
Week 13	Hiphop	Performance Crew

*\*Location: URAC Sports Lounge*

## Class Fees

We offer new students their first class free! This is an initiative to help you decide whether or not you enjoy our classes.

For returning members or if you have previously taken our classes, the class fees are written below.

*\*Please note: Your membership has to be renewed per calendar year.*

- Membership Fee – \$10
- 1 class – \$10
- 2 classes – \$17
- Prepaid class pass (10 classes) – \$80 \*\$8 per class

## **Class Styles**

There are different styles in the street dance genre. The classes and styles that we offer are Breaking, Hiphop, Popping and a performance crew class.

### **Breaking**

Breaking is a style that originated in New York, where Bboys and B-girls would dance to the breaks in the song that the DJ played. The class covers foundations and techniques in top rocks, footwork and power moves.

### **Hiphop**

Hiphop is a culture that originated from social party events in New York city. In this class you will learn the foundations and grooves in a positive class setting that will get you bouncing and doing the running man in no time!

### **Popping**

Popping is a dance that involves tensing your muscles to the beat of the music. Many different dance styles related to popping are commonly used under this umbrella term, for example boogaloo, waving, tutting, robot and many more. Learning the different moves, foundations and styles in this class will give you a deeper understanding of the dance and a more confident approach to freestyling.

### **Performance Group Class**

This is a *closed class* for anyone who has an interest in performance and would like to be a part of the Groove Central Performance Crew.

Throughout the year Groove Central will have opportunities to showcase at events and this particular group will focus on performing a set of choreography. The number of participants will be capped at 15 members as this is a new class we are trialing. This is open to anyone who would like a chance to perform but please look at the timetable and let Groove Central know of your interest and whether you can commit to those times.

**Note:\*** Attending the scheduled times is important as you will learn the routine and rehearse on a fortnightly basis – Groove Central understands that there can be instances where you cannot make it to class. Please notify one of the teachers at your earliest convenience if this occurs.

## Location

Groove Central UOW this year will be running classes in the URAC Sports lounge (Same complex as Swimming Pool/Basketball Court). The URAC is located near the IMRI building and is also about a 5–10 minute walk from UOW library.

If you are still unsure where we are located, please see the friendly staff at URAC Reception and look out for our banner

We have also provided a video that can direct you from the UOW library to the URAC: [Directions from UOW Library to the UOW URAC!](#)

## Clothing

In regards to clothing, any form of clothing is suitable as long as it is comfortable. We recommend for the activities that take place during dance classes that you wear the following: Closed shoes, pants, leggings or shorts.

You may also want to bring a towel.

## Club Merchandise

Groove Central has Groove Central society clothing available. We also release new gear every year, so follow us on social media or speak to our team to keep updated!

Groove Central T-Shirt – \$10

Groove Central Snapback – \$30

## Social Media

Groove Central often updates information about events and changes through social media. Our social media sites are:

**Facebook 'Like' Page:** [www.facebook.com/uowgroovecentral](http://www.facebook.com/uowgroovecentral)

**Facebook Group:** [www.facebook.com/groups/groovecentraluow](http://www.facebook.com/groups/groovecentraluow)

**Instagram:** [groovecentraluow](#) (Tags: #GCUOW #groovecentral #GC)

**E-Mail:** [groovecentraluow@gmail.com](mailto:groovecentraluow@gmail.com)

Thank you for taking the time to read our information handbook and we hope to see you in class!

From,  
The Groove Central Executives