

*DANCE***FIRST**
ACADEMY

**2024
INFO
PACK**



**WE
CAN'T
WAIT TO
DANCE
WITH
YOU!**



MOSMANDSC@FITNESSFIRST.COM.AU

Welcome to DFA!
We are so excited to welcome you to our dance family.

In this handbook you will find information on everything you need to know about this year, including policies and frequently asked questions.

We ask returning families to also have a read through, to note any changes.

For new families, this handbook covers as much as possible so that you feel confident in being apart of DFA. Please make sure to keep this as a reference point during the year.

We aim to keep our communication as open as possible so that your dance year can be exactly what it should be...easy & fun!

Annika Poeszus
Director,
Dance First Academy



CONTACT.

NEED TO CONTACT US?



Miss Annika can be seen at the office desk on the following hours:

Monday - Friday 9:00am - 5:00pm

Appointments by booking only.

Emails are welcome at any time:

mosmandsc@fitnessfirst.com.au

HAVEN'T VISITED US BEFORE?

Studio Address:

555 Military Rd, Mosman.

We are located on the top floor of the Fitness First

PARKING

FREE Parking can be found in the Vista street carpark or in the Bridgepoint Centre Car park.



THE DANCE DIARY

2024 CALENDAR DATES TO NOTE NOW

TERM DATES

Classes are NOT run on public holidays

TERM 1 - 29th January - 9th April (10 weeks)

TERM 2 - 29th April - 6th July

TERM 3 - 22nd July - 28th September

TERM 4 - 14th October - 13th December

STUDIO PHOTOSHOOT - Sunday 27th of October

IN STUDIO CONCERT REHERSAL - TBC

IN STUDIO CONCERT REHERSAL - TBC

TECH REHERSAL AT GLEN ST THEATRE - TBC

RAD BALLETS EXAMS - TBC

CONCERT NIGHT - Friday 15th of November

CLASSES ON OFFER.

JAZZ

An upbeat, energetic class including kicks, turns & leaps.
Technique & Jazz styled routines danced to pop and current songs.

BALLET

A classical ballet class encouraging technique, posture and grace, following the Royal Academy of Dance syllabus. 2 X Classes a week are highly encouraged in this style.

CONTEMPORARY / LYRICAL

A Mix of classical and Jazz technique often danced to emotive and highly expressive music. This style of dance is best taken along side classical ballet.

HIP HOP

A fun, upbeat and active class that develops hip hop style, choreography and skills.

ACRO

A gymnastics based class focusing on floorwork & tumbling, developing strength and stamina in dance.

PERFORMANCE TEAMS

Performance Teams give the dedicated dancer an opportunity to extend their skills beyond that of the weekly class and yearly concert. Performance teams compete at local and interstate competitions with the common goal of presenting a polished and well rounded routine. Minimum class requirements are imposed for performance teams and acceptance is via audition only.



TIMETABLE BY AGE

2024 DANCE FIRST ACADEMY

-PRE SCHOOL-

WEDNESDAY

9.30am-10.00am
Baby Dance
2-3 years

10.00-10.30am

Baby Dance
5-6 years

FRIDAY

9.30am-10.00am
Baby Dance
2-3 years

10.00-10.30am

Baby Dance
5-6 years

SATURDAY

8.30-9.00am
Baby Dance
2-3 years

9.00am-9.30am

Baby Dance
5-6 years

-KINDY, YEAR 1 & 2-

MONDAY

3.30-4.00pm

Jr Lyrical
Y1/2 at
school

Pre-Primary
Ballet
Kindy

4.00-4.45pm

Jr Jazz
Y1/2

Mini Jazz
Kindy

4.45-5.30pm

Primary
Ballet
Y1 at school

Grade 1
Ballet
Y2 at school

WEDNESDAY

3.30-4.10pm

Beginner Acro
K-4

3.45-4.30pm

Boys HipHop

4.30-5.15pm

Junior HipHop
K-6

SATURDAY

9.30-10.15am

Pre-Primary Ballet
Kindy

10.15-11.00am

Primary Ballet
Y1 at school

11.00-11.45am

Grade 1 Ballet
Y2 at school

-YEAR 3/4/5/6 -

TUESDAY

4.00-5.00pm
Grade 4 Ballet
Y5 at school

5.00-5.45pm

Grade 2 Ballet
Y3 at school

5.45-6.30pm

Grade 3 Ballet
Y4 at school

WEDNESDAY

3.10-4.10pm
Jn/Beginner Acro

3.45-4.30pm

Boys HipHop

4.10-5.10pm

Inter/Senior Acro
*Prior experience required

4.10-5.10pm

Junior HipHop

THURSDAY

3.45-4.30pm
Grade 3 Ballet
Year 2 at school

FRIDAY

4.30-5.15pm
Grade 2 Ballet

5.15-6.00pm
Inter Jazz
Year 3/4/5

6.00-6.45pm
Inter Lyrical
Year 3/4/5

6.45-7.30pm
Grade 4 Ballet

MASTER TIMETABLE

DANCE STUDIO 1 (BIG)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30-4:00pm Junior LYRICAL Years 1 & 2 at school	3:45-4:30pm 10/U PERFORMANCE Stretch, Strength & Tricks	3:30-4:10pm Junior/ Beginner Acro K-5 at school or NEW to Acro	4:00-4:45pm TEEN JAZZ High School aged G5 Ballet +		
4:00-4:45pm Junior JAZZ Years 1 & 2 at school	4:30-5:20pm 10/U PERFORMAN CE Invite Only	4:10-5:10pm Intermediate/ Senior Acro *Prior experience essential	4:45-5:25pm TEEN LYRICAL High School aged G5 Ballet +		
4:45-5:25pm PRIMARY BALLET Year 1					
DANCE STUDIO 2 (BARRE STUDIO)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30-10:00am Baby Dance (2-3 Years)		9:30-10:00am Baby Dance (2-3 Years)	8:30-9:00am Baby Dance (2-3 Years)
		10:00-10:30am Baby Dance (4-5 Years)		10:00-10:30am Baby Dance (4-5 Years)	9:00-9:30am Baby Dance (4-5 Years)
3:30-4:00pm PRE-PRIMARY BALLET Kindergarten at school		3:45-4:30pm Boys Hip Hop	3:30-4:15pm 10/U EXTENSION Invite Only	4:30-5:15pm Grade 2 Ballet	9:30-10:15am Pre-Primary Ballet Age 5 - Kindy at school
4:00-4:45pm Mini Jazz Kindergarten	4:00-5:00pm GRADE 4 BALLET Year 5 at school	4:30-5:15pm Junior Hip Hop	4:15-5:00 GRADE 3 BALLET	5:15-6:00pm Intermediate Jazz Years 3-6 at school	10:15-11:00am Primary Ballet Year 1 at school
4:45-5:30pm GRADE 1 BALLET Year 2 at school	5:00-5:45pm GRADE 2 BALLET Year 3 at school	5:15-6:00pm Junior Hip Hop PERFORMANCE TEAM Invite only	5:00-6:00pm INTERMEDIATE BALLET	6:00-6:45pm Intermediate Lyrical Years 3-6 at school	11:00-11:45am GRADE 1 Ballet Year 2 at School
5:30-6:15pm SENIOR SST	5:45-6:30pm GRADE 3 BALLET Year 4 at school	6:00-6:45pm Senior Hip Hop	6:00-7:00pm GRADE 5 BALLET	6:45-7:30pm Grade 4 Ballet	11:45-12:45pm Grade 5 Ballet
6:15-7:15pm Senior Masterclass	6:30-7:15pm 12/U PERFORMANCE SST	6:45-7:30pm Senior Hip Hop PERFORMANCE TEAM Invite Only	7:00-8:00pm INTERMEDIATE FOUNDATION BALLET		12:45-1:00pm Grade 5 PRE-POINTE New!
7:15-8:30pm Senior Performance Team Invite only	7:15-8:15pm 12/U PERFORMANCE TEAM Invite only		8:00-9:00pm ADVANCED 1 BALLET		1:00-2:15pm Inter Foundation Ballet + Pointe
8:30-9:15pm Year 12/ Grad class					2:15-3:30pm Intermediate Ballet + Pointe
					3:30-4:45pm Advanced 1 Ballet + Pointe

UNIFORM.

A student who dresses like a dancer, feels & dances like a dancer!

Uniform is **COMPULSORY** at DFA.

Students are expected to come to class in correct and full uniform. We want our dancers to feel apart of the community! Uniform is also imperative for teachers to be able to observe students properly, and ensure they are working safely. Uniform also diminishes social barriers and comparison in regard to the latest fashion and trends.

Please refer to our uniform requirement booklet for a specific list of uniform Items per class. The DFA uniform Price list is below.

HAIR







All classes require a neat secure bun. Strong elastics, bun pins and a hair net need to be used. You can find lots of helpful tutorials online on how to create a proper bun, or feel free to check with a staff member.

Hip hop classes require hair off the face, but buns are not needed.

- All uniform items and dance shoes should be labelled (please make sure shoes are labelled on the inside).
- Please ensure dance shoes have been tried on before purchasing - shoes that are too big in size will not provide proper support required for dance.
- Watches, fit bits and bulky jewellery are not to be worn in class as injuries can occur with these items.

UNIFORM PRICE LIST

2024 DANCE FIRST ACADEMY

ITEM		PRICE
SINGLET		\$45
CROP TOP		\$40
SHORTS		\$40
3/4 LEGGINGS		\$50
F/L LEGGINGS		\$55
BOYS TOP		\$50

HOW TO ORDER

- All uniform items are made to order and take time to receive.
- To place an order, fill out and email back an order form to Miss Annika.
 - Once our order is placed with the supplier you will be issued an Invoice.
 - Your Invoice must be paid at Reception within 14 days of receiving it.
 - Uniform items are non-exchangeable, please ensure you try on sample sizing and are happy with it prior to submitting your order.

PRICE LIST

2024 DANCE FIRST ACADEMY

A one off \$30 enrollment fee will be added to your invoice at the commencement of your enrollment. This covers, insurance, admin and accounts fee, music licensing etc.

STANDARD STUDENT

1X CLASS /WEEK	\$190 /TERM
2X CLASS /WEEK	\$370 /TERM
3X CLASS /WEEK	\$550 /TERM
4X CLASS /WEEK	\$720 /TERM

*Enquire for prices of more than 4x classes per term.

SIBILING DISCOUNT

1X CLASS /WEEK	\$180 /TERM
2X CLASS /WEEK	\$350 /TERM
3X CLASS /WEEK	\$520 /TERM
4X CLASS /WEEK	\$680 /TERM

*Enquire for prices of more than 4x classes per term.

EISTEDDFOD TEAM/PERFORMANCE STUDENT PRICE LIST

A minimum of classes is required to partake in performance group. Performance classes are the best value packages we offer. The packages below outline the fee structure designed to accommodate the 2024 teams and allow us to bring in strong performance teachers and cover any additional rehearsals. Instalments can be arranged.

BRONZE PERFORMANCE PACKAGE - Hip Hop Only

This Package is for students participating in the Hip Hop Performance team ONLY and Includes 4 classes. (Hip Hop , SST, Acro, Hip Hop Performance Class) *Students wishing to do additional weekly classes please enquire for a custom package*

\$600 / TERM

SILVER PERFORMANCE PACKAGE - SENIOR (Yr10 + only)

This package is for the oldest students in the Performance Team Only. Students Must do a Minimum of 5 Classes (SST, Performance, Masterclass, 2 x Ballet). *NB: Most seniors will be on the GOLD/ELITE Package*

\$650/ TERM

GOLD PERORMANCE PACKAGE - ALL PERFORMANCE STUDENTS

This package is for students in Performance Teams only. Students must take a Minimum of 7 classes. (SST, Masterclass/Acro, Performance, 2 x Ballet, Jazz and Lyrical) *NB: SILVER students doing PT and Hip Hop are on this package (sub Jazz/Lyrical for Hip Hop and Hip Hop Performance)*

\$770 / TERM

ELITE -PERFORMANCE PACKAGE

This package is for students in the Performance Teams AND Hip Hop Performance Team. Students may take unlimited classes (SST, Performance, HH, HH Perf, 2 X Ballet, Jazz, lyrical/masterclass etc)

\$950 / TERM

PERFORMANCE TEAM INFO

Packages can be paid in instalments, please organise prior to the commencement of term. Additional Fees will be incurred for comp entry /costumes and other optional performance opportunities.

TERMS & CONDITIONS

- Enrolment forms must be completed in full at time of trial lesson or enrolment
 - Fees must be paid in full prior to commencement of the dance term and/or within 14days of receiving your Termly payment slip
 - All payments must be made at Fitness First Mosman reception
 - Term fees are non-refundable- make-up classes may be taken for any missed classes
- We do not offer pro-rata class options

FOR MORE INFO EMAIL US AT
MOSMANDSC@FITNESSFIRST.COM.AU



END OF YEAR CONCERT.

The End of Year Concert is our studio's major event of the year. It is a culmination of every student's hard work throughout the year and is our opportunity to show what our studio does best!

We pride ourselves on creating an impressive production, not only through the performance itself but by the use of high-quality costumes, and the use of a well- established venue.

The concert is not compulsory, but is a very much-loved event for our studio.

COSTUMES/COST INVOLVED

In term 2, students will need to opt 'in' or opt 'out' of the concert. At this time a deposit is due towards to costumes and performer fee.

Each student is required to pay a performer fee of \$150 or \$75 for baby's. This can be paid in instalments and covers the cost of:

- venue hire
- Teacher supervision
- concert DVD
- photoshoot
- concert T-shirt
- keepsake program
- rehearsals
- Achievement ribbon

Each dancer will perform one dance per class they attend. (Only 1 ballet routine per grade)

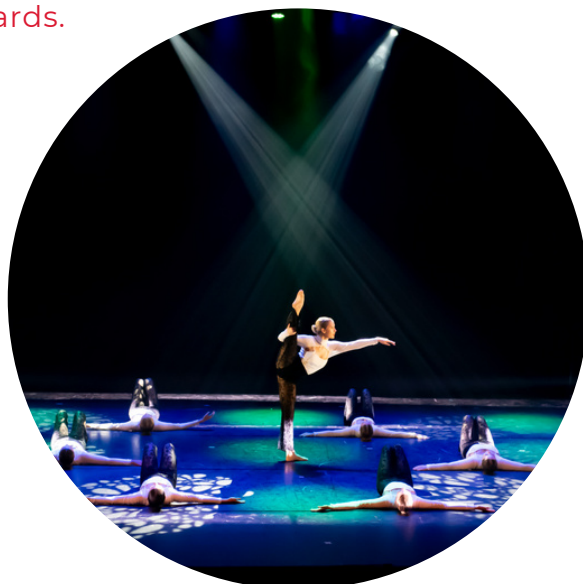
For each of these dances a costume will be required. Costumes are between \$70 - \$100 and are yours to keep afterwards.

TICKETS

Tickets are purchased online through the theatre website approx.

3-4 weeks before the concert.

More info will be available closer to the date.



FAQS.

ENROLMENT

How do I enrol?

Contact Us at [Mosmandsc@fitnessfirst.com.au](mailto:mosmandsc@fitnessfirst.com.au) for a link to online registration. Once this is filled out, you will be entered into our system, an invoice for that term will be generated by email – and you're in!

Can I do a trial class first?

Of course! Contact us to book in.

Where can I find the timetable?

You can find a current copy of our timetable on our website, or on page 5/6 of this booklet! Any further questions please email us!

Can I enrol in the age group higher or below?

We highly encourage students to enrol in their correct age group, as these classes are specifically catered for them. If needed, we will allow students to enrol below an age group, but not above. In rare cases, students will be moved an age group above if they are of exceptional ability and require extension. This is at the discretion of the class teacher and studio directors.

What are the teachers like? Are classes strict?

We pride ourselves in providing a warm, friendly atmosphere while maintaining a strong set of rules & discipline, so that our studio can be the kind of place where students feel loved, but also learn & gain from their time with us.

What qualifications do the teachers hold?

All of our teachers hold years of experience as both dancers & teachers. Every member of staff holds their current WWCC, CPR and First Aid Training. Many of our teachers hold full-time performance certificates and are currently working as professional dancers in sydney and internationally.

FAQS.

UNIFORM

What does my child need to wear?

All classes require students to be in DFA uniform. See our Uniform Requirements booklet or the pricelist above.

Is the uniform compulsory?

Yes

How much do uniform items cost?

Uniform items range from \$40 - \$90. See our Uniform Guide for specific costs.

How do I order a uniform?

See Miss Annika for your child to be sized in one of our sample pieces. If in stock, you are able to purchase on the spot! Otherwise, your item/s will be added to our uniform order for that term.

CLASSES

What do I wear to class?

Your DFA Uniform as stated on our Uniform Guide (correct shoes, stockings etc. included – please don't wear dance shoes outside though! Wear others and change once you're in the studio)

What should I bring with me?

A bottle of water & a positive attitude! Bring along some snacks if you're doing a lot of classes or have a break in between.

Where do I meet the teacher?

Classes wait and warm up outside the studios in the waiting areas. As this is a shared space we ask students to wait quietly. Students may do homework in the reception area

Can parents watch classes?

For first time classes, parents are welcome to sit in. However, after the first class we ask parents to wait outside – our studios all have glass windows and thus parents are able to watch from outside.

Do you offer SCHOOL PICK UP?

We are pleased to offer a WALKING BUS from Mosman Public most days of the week! Each bus trip is \$2.50 per trip per term, added to your termly invoice. Performance students receive a free walking bus!

FAQS.

How can I speak to teachers about my child's progress?

We are more than happy to discuss how your child is progressing in class. Teachers are often moving quickly in between classes, but please either see miss Annika or email the studio to arrange a meeting with us to organise a time for you and your child's teacher/s to chat about how they are going!

How should I contact DFA teachers and staff?

Our main form of communication is via email, mosmandsc@fitnessfirst.com.au

FEES

How do I pay?

You will receive an invoice prior to each term, outlining the full cost of the term. Payments are made at reception. If you require a payment plan please contact the dance school manager to arrange prior to the start of term.

Can I get a refund?

Refunds are not available for missed classes or mid-term withdrawals. We do not offer pro-rata class prices at any time.

Do you take Active Kids vouchers?

Yes! We take active and creative kids vouchers! We only take 1 voucher, per child per term. Vouchers must be emailed to us with your child's name and D.O.B prior to taking your invoice to reception. When you go to pay fees at reception, please let them know you have used your AK kids voucher and they will deduct the amount from the invoice.

For any further help with class selection or questions regarding our studio please do not hesitate to email us at:

mosmandsc@fitnessfirst.com.au

We cant wait to welcome you to our dance family!

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