

Heart of Dance



2026



Welcome to 2026 at HOD

My name is Emma O’Keeffe (Owner of Heart of Dance) and I’m here to give you all the information you need to welcome you into our fun-filled little family. So let’s get started.

Our Mission

We are a dance studio dedicated to helping busy parents find a healthy, creative, convenient & fun after school activity through movement, music, friends & dance. We aim to create a solid foundation for girls & boys to build confidence, coordination and a healthy base through every evolution of their growth. Our aim is to help each student foster a deep passion and love for dance by creating a safe and supportive space where they can explore the art of self-expression through movement. While enjoyment is the name of the game, hard-work is an important prerequisite.

Location

Shed 4, 13 Industrial road, Shepparton. However, stay tuned as something big is coming March 2026.

Other Resources

Choosing a studio is a big deal and we know you may have a couple of questions about class times & fees. Our 2026 Information Guide is designed to give you all the details you need to answer those little questions. If you have any further questions please don’t hesitate to email us at emmaokeeffe.coaching@gmail.com or give us a ring on 0400675611. We’re always happy to hear from our families!

Thanks for joining our HOD family and we’ll see you soon!



Pre-School Program

2.5 - 5 years

The Heart of Dance's Preschool Program is designed to introduce young children to the world of dance through a creative, engaging, and developmentally appropriate approach. This program focuses on fostering a love for movement, rhythm, and self-expression in a fun and supportive environment.



Our program caters to children aged 2.5 to 5 years old. At this stage, the emphasis is on exploring basic movement concepts, such as jumping, spinning, stretching, and balancing. The curriculum is designed to help children develop their motor skills, coordination, and body awareness in a playful, non-competitive setting.



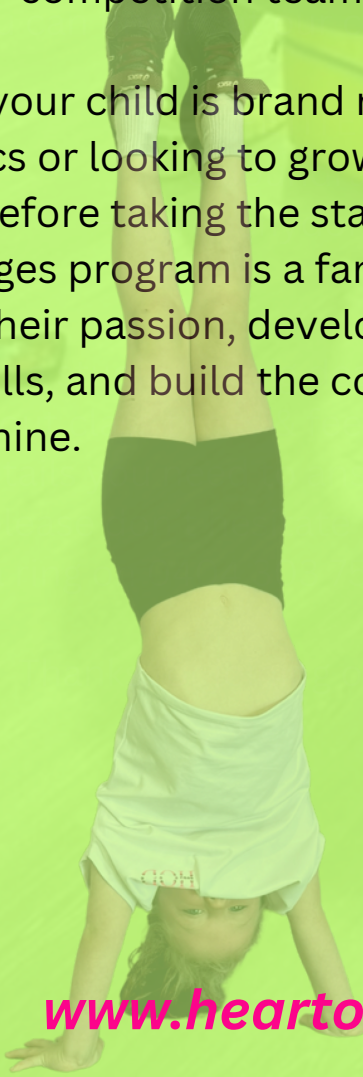
Aerobics Initial Stages

At Heart of Dance, our Aerobics Initial Stages class is the perfect introduction for students who are eager to step into the world of sport aerobics but aren't quite ready to compete just yet.

Guided by our passionate coaches, Emma and Sarah, students spend the year developing their skills, building strength, and improving coordination in a fun and supportive environment.

The focus of this class is on confidence-building and learning the key movement patterns that form the foundation of competitive aerobics. Students work at their own pace, explore new techniques, and gain valuable experience that prepares them for the possibility of joining one of our competition teams in the future.

Whether your child is brand new to aerobics or looking to grow their abilities before taking the stage, the Initial Stages program is a fantastic way to nurture their passion, develop lifelong fitness skills, and build the confidence they need to shine.



Competition Squad 2026

Our HOD Competition Squad had an incredible first season in 2025 – what a blast we had! We are back for another exciting year, ready to grow, improve, and welcome more athletes to the team.

In term 4 we focused on developing skills, playing with choreography, and forming new teams. Term 1, 2026, it's game on – we commit to two

Our comp squad is now full for the 2026 season. It will be re-open for the new season in term 4.

This is truly the best sport in the world, and I can promise you – if your child sticks with it, it might just be the best thing they ever do. We can't wait to guide them, challenge them, and hopefully get them climbing those rankings while having an absolute ball along the way.

Let's make this season even better than the last!

Emma O'Keeffe

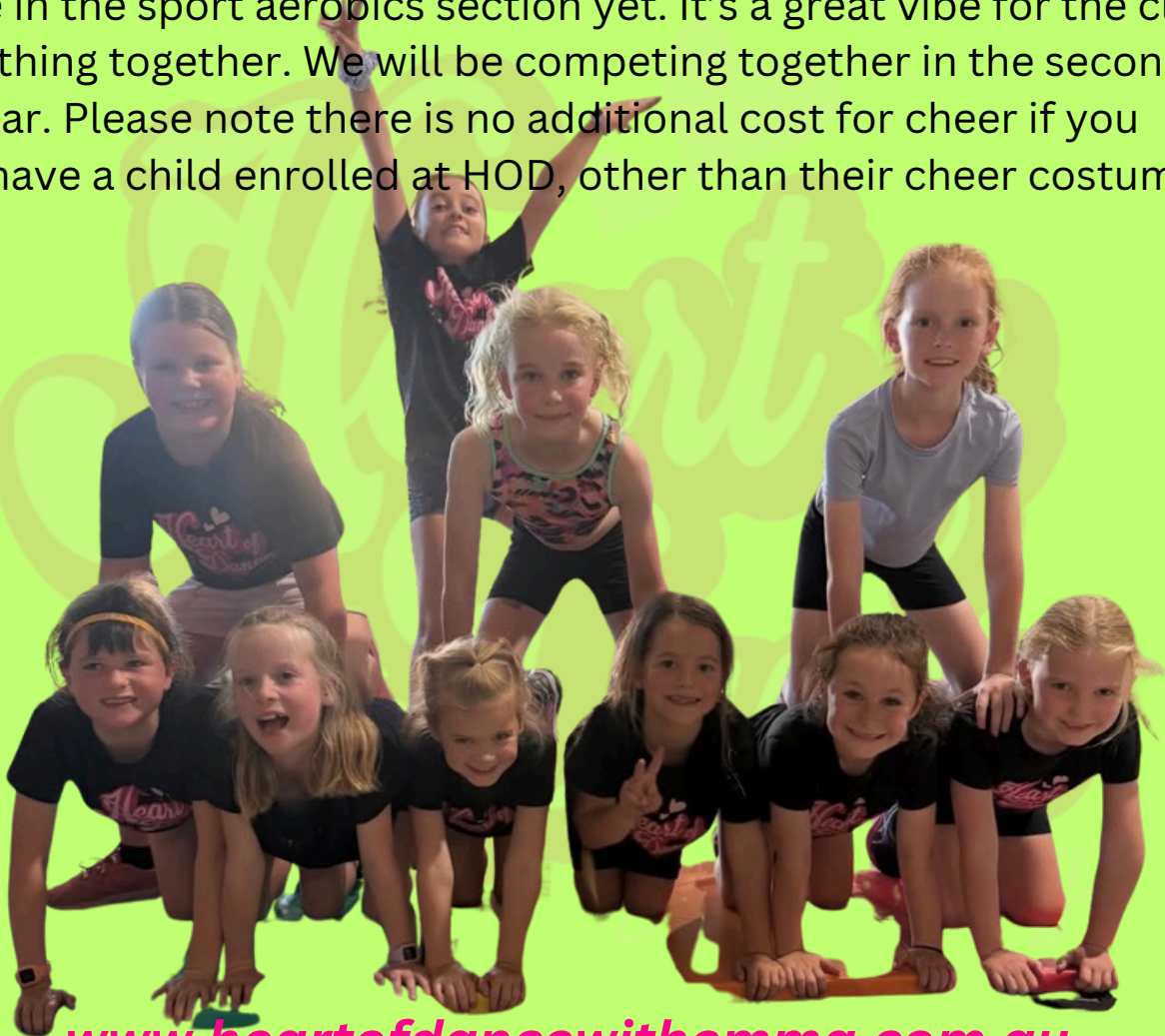


Cheer



Primary Cheerleading "Pom-poms"

Welcome to primary cheer! The poms poms class which is a fun and exciting opportunity for those who want the additional stage time, do something extra with their friends, or for those who aren't ready to compete in the sport aerobics section yet. It's a great vibe for the club to do something together. We will be competing together in the second half of the year. Please note there is no additional cost for cheer if you already have a child enrolled at HOD, other than their cheer costume.



www.heartofdancewithemma.com.au

Class Timetable 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5.20pm - 6pm Aero initial stages	5.15pm - 6pm Comp squad	5.15pm - 6pm Comp squad	**4.30pm - 5pm Pre-school
6pm - 6.30pm Cheer	6pm-6.45pm Comp squad	6pm - 6.45pm Comp squad	5pm - 5.45pm Comp squad
6.30pm - 7.15pm Comp squad			5.45pm - 6.30pm Comp squad

**Potential for preschool class to be split into 2 sessions depending on numbers and age variations. Classes would be 4.00pm & 4.30pm Thursdays.

Class Format & Performance Opportunities

Competition squad - Those entered into 2 routines can choose same day training e.g. Thursday 5pm team and 5.45pm singles.

Our pre-school classes run for 30 minutes. Aero initial stage and competition squad classes run for 45 minutes, with sessions extended as we move closer to competition season to support skill development and performance readiness.

Throughout the year, students will have the opportunity to perform at two club performance nights, as well as celebrate their achievements at our end-of-year awards night.



2026 COMPETITION DATES CALENDAR & PERFORMANCE DAYS

SMALLER CLUB PERFORMANCE	Sunday 3rd May	HOD studio at 2.00pm. In house performance. Families and friends welcome. For those competing on the 9 th & 10 th May.
FISAF Super Series	9th & 10th May	Rowville. This is a great opportunity for feedback on routines. It is recommended, but not compulsory.
BIG CLUB PERFORMANCE	Sunday 31st May	Whole club performance day 10.00am at Wilmot Road PS hall. ALL athletes showcase including cheer.
FISAF State Finals	6th & 7th of June	Melbourne Sports & Aquatic Centre. This is our MAIN competition and is compulsory for all HOD athletes (not cheer).

NATIONAL CHAMPIONSHIPS

NATIONAL CLUB PERFORMANCE	30th August	Whole club performance day 2.00pm at Wilmot Road PS hall. National athletes showcase including cheer.
FISAF NATIONAL CHAMPIONSHIPS	8TH - 13TH September	Gold Coast Sports & Leisure Centre, Carrara. With multiple categories this year within the club, I anticipate we will compete over 2 days.

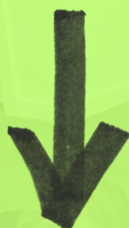
CHEER COMPETITION

SPRING CHALLENGE	17th - 18th October	Melbourne or Geelong. Location TBA.
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Club Uniform

Direct Club T-shirt

We are excited to be teaming with Dawn2dusk Australia again for our club T-shirts. Please see the size chart below for the T-shirt. Please note a club T is the only compulsory part of the HOD uniform for ALL students including pre-school. Please select your size on the enrolment form.



REF	POINT OF MEASURE	2-3	4-5	6-7	8-9	10-11	12-13	14-16
A	Across Shoulder	28.50	30.50	32.50	35.00	38.0	41.0	43.0
B	Neck width	16.50	17.00	17.50	18.00	18.5	19.0	19.5
C	Chest Circumference 2.5cm below armhole	67.00	71.00	75.00	80.00	86.0	92.0	97.0
H	Side neck to armhole drop	15.60	16.80	18.00	19.20	20.2	21.2	22.2
I	SN to hem length	42.00	47.00	52.00	57.00	61.0	62.0	63.0
J	Sleeve length from shoulder point	11.00	11.50	12.50	15.50	17.5	20.5	23.5
K	Sleeve opening	21.00	23.00	25.00	27.00	29.0	32.0	35.0



HOD tracksuit & training gear

Our stunning HOD tracksuit is available for ALL HOD students. It is only compulsory for our competition squad. The order form for this will be out in term 1. Our navy training gear (shorts & croppys remain the same, however will be getting a revamp with our updated logo. All old HOD training gear logo is still fine to use. Training gear stock will be onsite term 1.

www.heartofdancewithemma.com.au

HOD Term Payments

Pre school classes = \$189 for the term - Paid in full

Aero initial stages x 1 class per week = \$199 - Paid in full

Competition squad class x 2 per week = \$299 - Paid in full or direct debit

Competition squad class x 3 per week = \$399 - Paid in full or direct debit

Competition squad class x 4 per week = \$475 - Paid in full or direct debit

Direct debit options for comp squad:

I am aware there will be students who will be doing more than 1 routine this year which means more training sessions. I have set up an option for a weekly/fortnightly direct debit if you wish. Payment cost will be based on the term weeks. E.g. Term 2 in 2026 is a 10 week term. If your child is doing 3 x sessions per week, your weekly direct debit will be \$39.90. You know I am always here to make this doable for all families, so please chat to me if you need.



For those paying in full:

ACC NAME: EMMA OKEEFFE

BSB: 113 879

ACC: 474 457 491

Upfront payments due by 18th April.

Thank you for your continued support to make HOD what is it today.

Emma X

ENROL BELOW

Enrol for 2026

ENROL NOW FOR 2026

Click the link below to express your interest in our classes.

This form is for ALL HOD students.

Term 2 starts Monday the 20th of April

[CLICK HERE TO EXPRESS
INTEREST & ENROL AT HOD](#)

[*www.heartofdancewithemma.com.au*](http://www.heartofdancewithemma.com.au)

