

Heart of Dance



DANCE

CLASSES

FOR KIDS

Term 3

I hope to see you in 2025

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.

Other Resources

Choosing a studio is a big deal and we know you may have a couple of questions about class times & fees. Our 2025 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!

Em x



Pre-School Program 3 -4 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 4 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.

Our pre-school program runs on Saturday mornings throughout the term (see attached timetable) .



Class Timetable starting term 3 2025

Monday nights and Saturday mornings/afternoons will now be used as an option to book in private sessions for the nationals competition squad. No more than 2 teams at a time in 40 minute timeslots. Mondays 5.30pm - 7.30pm, Saturdays 10am - 12pm.

WEDNESDAY

5.30pm - 6.15pm **Aero initial stages**
6.15pm - 7pm **National squad**

THURSDAY

5.30pm - 6.15pm **Aero initial stages**
6.15pm - 7pm **Nationals squad**

SATURDAY

9am - 9.30am **Preschool class**
9.30-10am **Preschool class**

SUNDAY

10am - 11am **Nationals squad**

Aero initial stages - In term 3 this class will be designed to prepare students for the 2026 competitive sport aerobics season. Students will learn the basics and fundamentals of sport aerobics. This class is designed to work on coordination, counting music, learning new choreography. It's the perfect stepping stone to set out young stars up for success before taking to the big stage.

Please note that our competition squad will reopen for enrolment in term 4 as our students are still in the middle of their competitive season and preparing for the national championships. Enrolment in our comp squad will be held at our open day later this term. Date TBA.

ENROL FOR TERM 3.

Click the link below to express your interest and choose your training days. Fees on the next page. This form is for ALL competitive and non competitive students.

[Click here to enrol your spot in term 3 classes for 2025](#)



Term 3 Fees

3-4 pre school classes - \$179

Aero initial stages x 1 class per week \$199

Aero initial stages x 2 classes per week \$279

National squad 2 x classes per week \$299

National squad 3 x classes per week \$379 (all team members need to be able to attend all 3 session if you choose this option.

Optional Monday and Saturday private sessions \$15 per child.

Term 3 payments are due prior to Sunday the 20th July. Chat to Emma if you have any questions around this, I'm here to help. Details below.



ACC NAME: EMMA OKEEFEE

BSB: 113 879

ACC: 474 457 491

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

Emma O'Keefe

KEEP READING BELOW...



Coming in 2026



Primary Cheerleading Pom-poms

In 2026 I will be offering a lot more options and chances for my students to hit the stage! There is a section in the aerobics world called Cheerleading - poms poms 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. I always competed in this section with my athletes as something fun to do as whole club (although I am just happy being coach these days haha).

My aerobics athletes still competed their main routines, but this allowed the club to mingle with those they normally wouldn't train close with, and for a more relaxed feel which was added on the last 10 minutes of every training, so there no extra day of training commitment required. Something to think about! Starting Jan 2026 for all ages.



www.heartofdancewithemma.com.au