

Heart of Dance



Term 4



Welcome to term 4 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.

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

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 and is now split into 2 different age groups of 2.5 - 3.5 year & 4 - 5 years. 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) .



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'll focus on developing skills, playing with choreography, and forming new teams. By the end of the year, my goal is to have teams selected and routines started so we hit the ground running. Come Term 1, 2026, it's game on – we commit to two compulsory training sessions per week with our teammates as we prepare for competition season. 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

12 x State Champion

7 x Australian Champion

2022 World Aerobic Female Singles Champion.



Class Timetable starting term 4 2025

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
5.45pm - 6.30pm Initial Stages	5.45pm - 6.45pm Comp Squad	*Potential for pre-school classes to run 4.30pm & 5pm if numbers permit.	9.00am Pre-school 2.5 - 3.5 years
6.30pm - 7.30pm Comp Squad			9.30am Pre-school 4 -5 years

Please note there are only 2 x comp squad classes at the beginning of the term while I play around with groupings and see who is interested in competing. Once teams have been made and we enter the new season, there will be added classes throughour the week and weekend.

ENROL FOR TERM 4.

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



[Click here to enrol your spot in term 4 classes for 2025](#)



New Class Starting this November



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.

My aerobics athletes will still compete their main routines, but this allows the club to mingle with those they normally wouldn't train close with, and for a more relaxed feel which will most likely be added on the last 15-20 minutes of some trainings. Emma will chat to families throughout the start of term 4 as I plan to launch this class around mid November.



Term 4 Fees

Pre school classes - \$179
Aero initial stages x 1 class per week \$199
Competition squad class x 1 per week \$199
Competition squad class x 2 per week \$299
*MERCH ORDER FORM AVAILABLE SOON!

Term 4 payments are due prior to Sunday the 5th October.
Chat to Emma if you have any questions around this, I'm always here to help. Details below.



ACC NAME: EMMA OKEEFEE
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ACC: 474 457 491



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

Emma X