

Heart of Dance

2026



Term 3 enrolments open soon

Welcome to 2026 at HOD

My name is Emma O'Keeffe and I am the club owner of Heart of Dance. I'm here to give you all the information you need to welcome you into our fun-filled little family.

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 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!

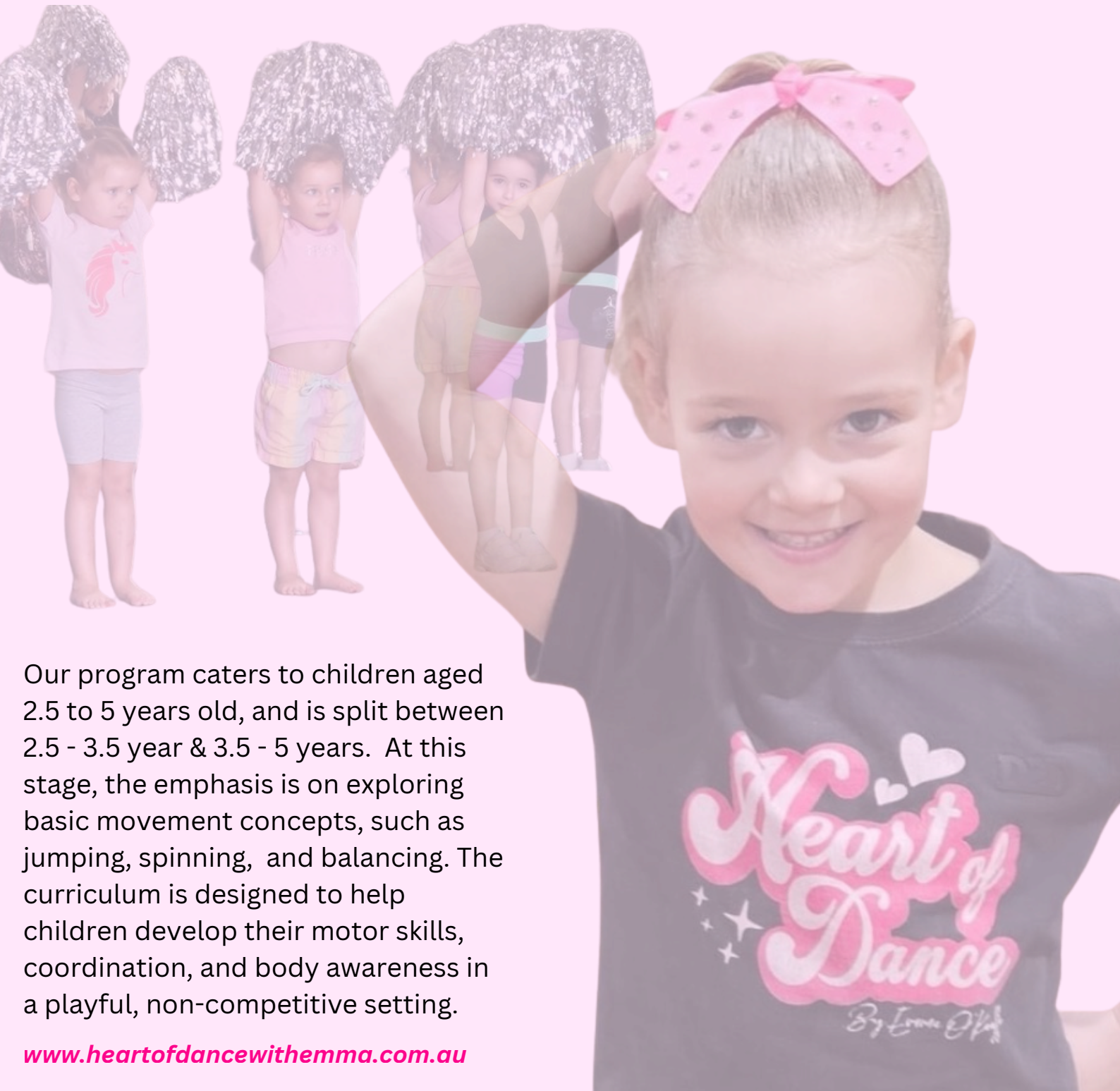
Thanks for joining our HOD family and we'll see you soon!



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, and is split between 2.5 - 3.5 year & 3.5 - 5 years. At this stage, the emphasis is on exploring basic movement concepts, such as jumping, spinning, and balancing. The curriculum is designed to help children develop their motor skills, coordination, and body awareness in a playful, non-competitive setting.

www.heartofdancewithemma.com.au

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.

www.heartofdancewithemma.com.au

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 compulsory training sessions per week with our teammates – we prepare for

Our comp squad re-opens 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



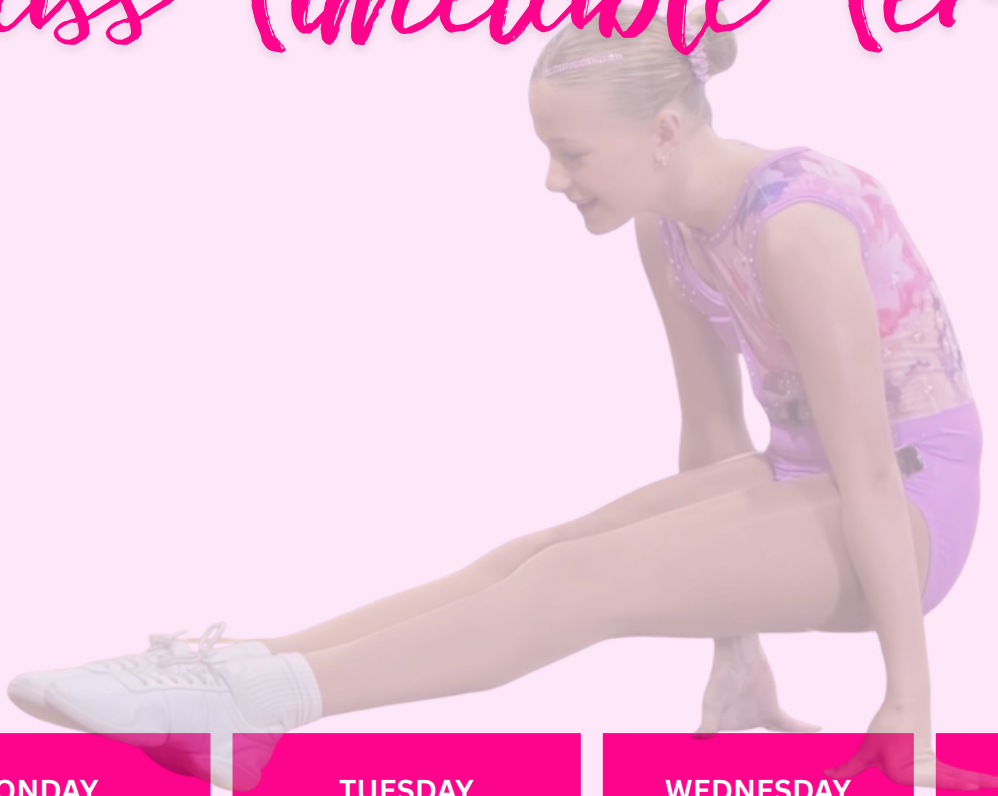
Primary Cheerleading "Pom-poms"

Welcome to primary cheer! The 30 minute poms poms class 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. Please note there is no additional cost for cheer if you already have a child enrolled at HOD, other than their cheer costume of \$35.00 later in the year.



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Class Timetable Term 3



MONDAY

5.20pm - 6pm
Aero initial stages

6pm - 6.30pm
Cheer

Comp squad &
development squad
TBA

TUESDAY

Comp squad &
development squad
TBA

Comp squad &
development squad
TBA

WEDNESDAY

Comp squad &
development
squad TBA

Comp squad &
development
squad TBA

THURSDAY

4.15pm Preschool
2.5 - 3.5 years
&
4.45pm Preschool
3.5 - 5 years

Comp squad &
development squad
TBA

Comp squad &
development squad
TBA



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 9th & 10th 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.

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.



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HOD Term Payments

Pre school classes = \$199 for the term - Paid in full or direct debit

Aero initial stages x 1 class per week = \$210 - Paid in full or direct debit

Development squad x 1 per week = \$210 - Paid in full or direct debit

National squad team training 1 routine = \$299 - Paid in full or direct debit

National squad team training 2 routines = \$399 - Paid in full or direct debit

Direct debit options:

I have set up an option for a weekly direct debit if you wish. Payment cost will be based on the term weeks. Reach out to Emma if you have any questions at all.

For those paying in full:

ACC NAME: EMMA OKEEFFE

BSB: 113 879

ACC: 474 457 491

REF: childfullname

Click to complete direct debit link (You can fill out early as payments won't start until term 3 starts).

[Preschool link](#)

[Aero initial stages link](#)

[Development squad link](#)

[National squad 1 routine link](#)

[National squad 2 routines link](#)

Let Emma know if you need a specific combo link e.g. preschool and national squad etc.

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

Emma X



PLEASE ENROL BELOW

Enrol for 2026

ENROL NOW FOR TERM 3

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

This form is for ALL HOD students.

Term 3 starts Monday the 13th of July

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

www.heartofdancewithemma.com.au

