

Heart of Dance 2026



FISAF
SPORT AEROBICS AND FITNESS
Australia



Term 4 enrolments now open

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!

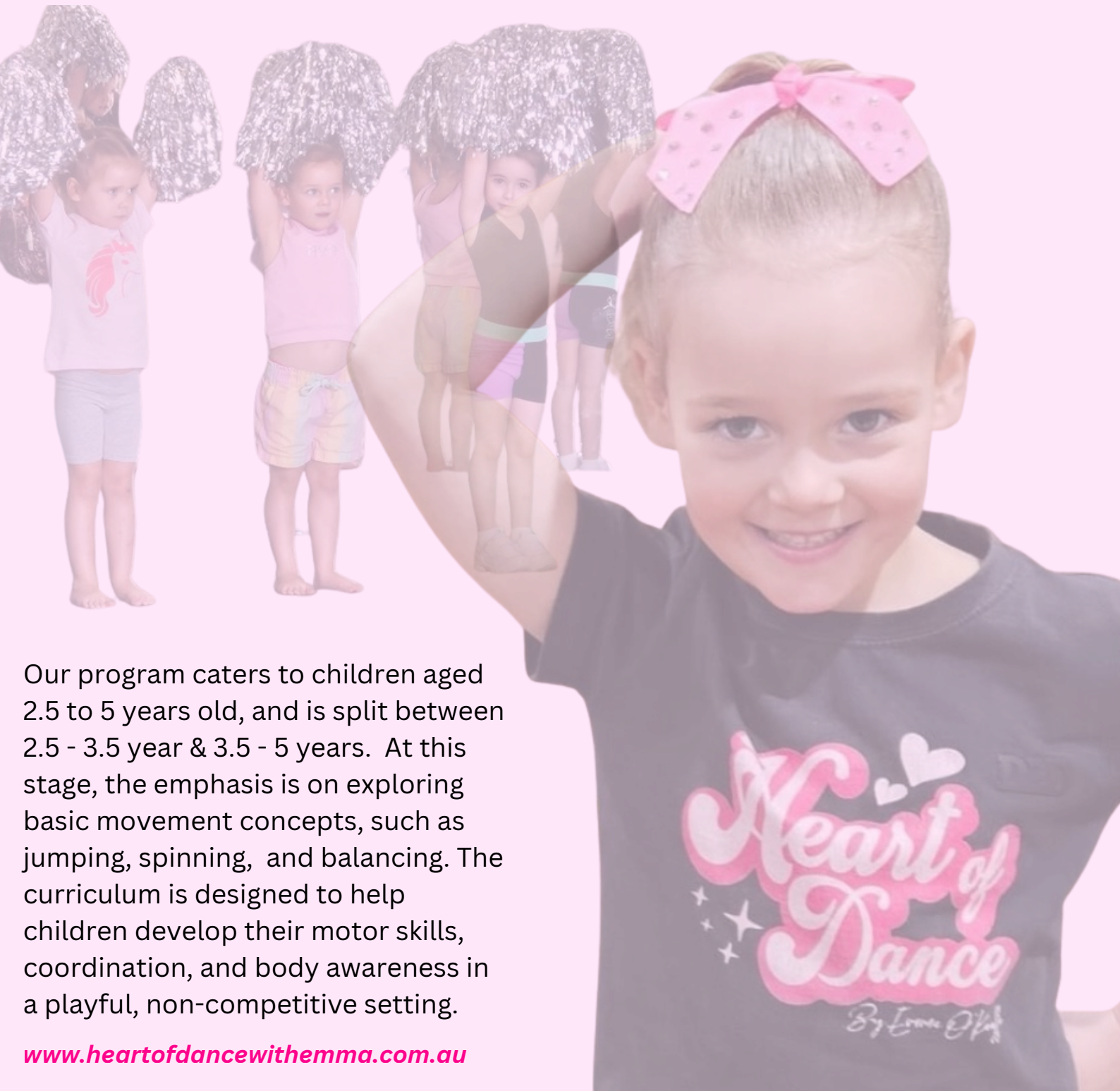
Thanks for joining our HOD family and we'll see you soon!



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.



Competition Squad

Now open

Our HOD Competition Squad has now **re-opened for the new season!**

In term 4 we focus on developing skills, playing with choreography, and forming new teams for 2027. Term 4 comp squad will be split into 2 x 5 week parts over the term.

Term 4 Competition Squad Classes

DEVELOPMENT SQUAD. New students to the sport wanting to compete.

RETURNING ATHLETES. Those who have competed before.

X-MINI. Our youngest group of competition students ranging from 5 - 7years. (must be turning 6 in 2027 to be eligible to compete).

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



www.heartofdancewithemma.com.au

Class Timetable Term 4

8 WEEK TERM

Starts 26th October

MONDAY

5.20pm - 6.00pm
Aero initial stages.

6.00pm - 6.45pm

Returning comp students
who have competed
before.

WEDNESDAY

4.45pm - 5.30pm
X-mini competition squad
(5 -7 year olds).

5.30pm - 6.15pm

Development squad -
those new who are looking
to compete in 2027.

THURSDAY

4.05pm - 4.30pm
Preschool 2.5 - 3.5 years
&
4.30pm - 4.55pm
Preschool 3.5 - 5 years

5.00pm - 5.45pm

ALL potential 2027 comp
students (both
development squad &
returning athletes).

Class timetable from 16th November

MONDAY

5.20pm - 6pm
Aero initial stages

6.00pm - 6.45pm
ALL potential 2027
competitors

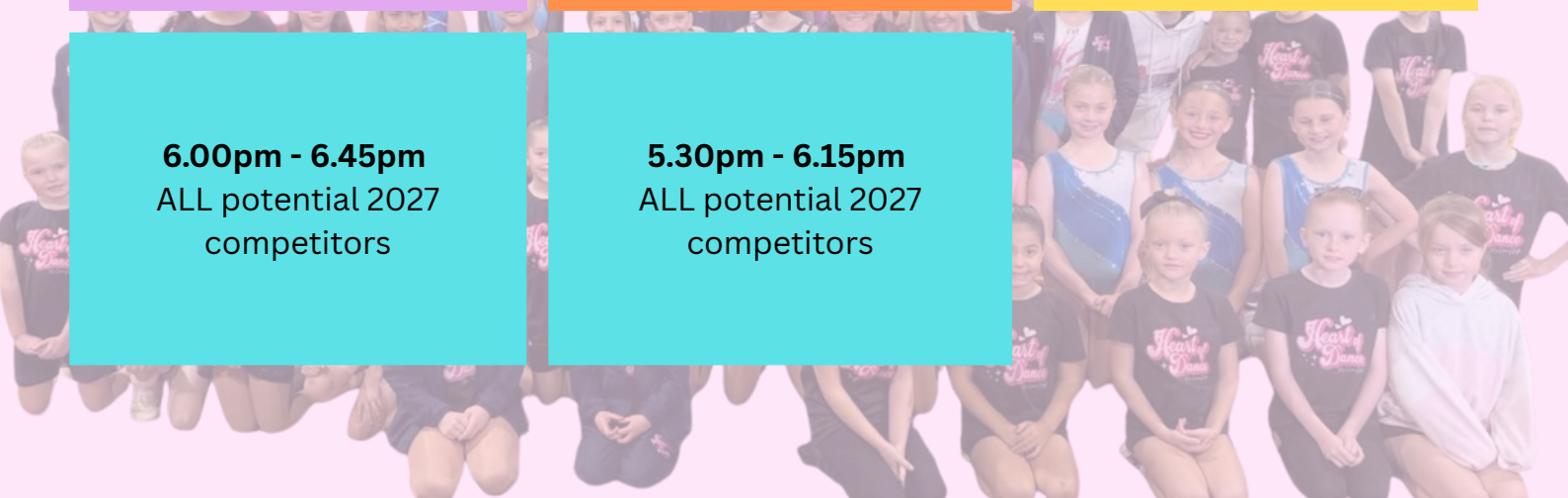
WEDNESDAY

4.45pm - 5.30pm
X-mini competition squad
(5 -7 year olds).

5.30pm - 6.15pm
ALL potential 2027
competitors

THURSDAY

4.15pm - 4.45pm
Preschool 2.5 - 3.5 years
&
4.45pm - 5.15pm
Preschool 3.5 - 5 years



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.



www.heartofdancewithemma.com.au

HOD Term Payments

- Pre school classes & x mini comp class = \$179 for 8 week term - Paid in full or direct debit
- Aero initial stages x 1 class for 8 week term = \$189 - Paid in full or DD
- Development & Comp squad x 2 class for 8 week term = \$269 - Paid in full or DD.

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 or need a specific combination link e.g. 2 children etc.

For those paying in full:

ACC NAME: EMMA OKEEFFE

BSB: 113 879

ACC: 474 457 491

REF: childfullname

Click to complete direct debit link

Please click the links below and complete by Friday 2nd of October as payments won't start until term 4 starts on the 26th. This secures your spot as we cap our numbers.

[Pre-school & x-mini comp class DD link](#)

[Aero initial stages DD link](#)

[Development & Comp Squad DD link x 1 class p/w](#)

[Development & Comp Squad DD link x 2 class p/w](#)

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 4

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

This form is for ALL HOD students.

Term 4 starts Monday the 26th of October

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

www.heartofdancewithemma.com.au

