



"High quality dance education & Inspiring dance experiences"



allegro DANCE ACADEMY

HANDBOOK 2025

A GUIDE FOR PARENTS AND STUDENTS

JOY | PASSION | INNOVATION | EMPOWERED | RESPECT | HEALTH



allegrastudios.com.au

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allegro studios

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1. Principal's address

Welcome to our new and returning families. We are looking forward to another exciting year! You will see a few updates to our teaching staff as we officially welcome Rhianna Vaughn and say farewell to Brooke McClelland and Ava Upton from our faculty. We take our roles as mentors and teachers at this school very seriously and strive to continue building our strong family foundation this year and in years to come. Setting the right examples comes from the top. Myself, our teachers and our Student Support Team are all committed to providing your child (and you) with positive memories and friendships that will last a lifetime.

We teach dance training to a high quality as we believe that what children learn will enhance their overall development for life and provide a positive outlet for children to express themselves through movement. Our teachers are committed to lifelong learning and have access to a number of educational resources to keep us all at the forefront of not only dance but health, fitness and well-being. This year all our teachers will be piloting AusDance QLD Safe Dance for Kids learning platform designed specifically to ensure our teaching standards remain at the highest quality and align with the child safety legislation just recently passed in Queensland.

To our students

A big welcome to all our new students! We can't wait to see you settle into our school and make new friendships!

To all our returning students, welcome back! I hope you have had a big rest and are ready to jump back into another big year!

A solid commitment to your classes is the first step to becoming a successful dancer. It is important to come to class with good focus so you are ready to learn. It is also a great opportunity to leave your worries at the door and spend your class time working on building more positive connections in your own body.

Make the most of your time in class to ensure you get quality from your training. Give it everything and then you will see amazing results.

Respect for teachers is key to a positive classroom. Listen hard to all corrections given, not just the corrections for you but any in class and think about where you might benefit from that information. Constructive corrections are how we improve. Always say thank you, as your teacher puts in a lot of time to ensure you have the best experience in class. Corrections mean your teacher cares about your progress and wants to see you dance to your best ability. We are always happy to explore these corrections further if you can't

get the right feeling. Asking questions is encouraged. If you are feeling too shy to ask in class, ask your teacher at the end of class for a few extra tips. They will be excited to see your eagerness to improve and will always be happy to guide you further.

For the parents

We are in this together

The success of your child depends on the support of parents/guardians. Emotional support for your child is of great value. Encourage your child to try their best. Dance is an individual artform and each child needs to be allowed to develop at their own pace. No two students will progress at the same rate. It is important to encourage your dancer to focus on their own individual achievements and celebrate their unique accomplishments.

Our school relies on a positive atmosphere. Co-operation, respect and support between all parents is expected. We are open to working with families to ensure we build a supportive and effective learning space for everyone.

Our primary goal is to teach positive life skills that help give children the best chance of success in the future. The discipline of dance training provides a better understanding of commitment through learning, the spirit of teamwork and a great understanding of what can be achieved through hard work. Our goal is to educate mind, bodies and souls to give our dancers the skills for a successful life whether they stay connected in dance or not.

We look forward to creating a strong, supportive and fun community here at Allegra.

With warm regards
Alex

2. Overview

Welcome to Allegra Dance Academy! We are inclusive in our offer, providing dance in a professional, fun and healthy environment. Allegra Dance Academy (ADA) was established with Tiny Tot classes in 2018 and now comprises dance for all ages and abilities with purpose-built studios. Attached to our Dance Academy is Allegra Physiotherapy & Pilates (AP&P), which includes musculoskeletal Physiotherapy, Sports injuries, injury prevention and rehabilitation, dancer assessments and pre-pointe assessments, Women's Health, Men's Health, and much more. These two parts of Allegra work together to enhance movement, dance and wellbeing.

This handbook provides an overview of ADA and outlines the practical things you need to know to ensure everyone is ready to dance.

2.1 Mission

Our mission is to share our love of dance and assist the development of movement across the lifespan.

2.2 Allegra Dance Academy Values

Joy

We want to support you in your JOY of movement and dance. Finding what you love about dance will strengthen your own unique self. We want you to love being you

Passion

We want you to be free to express yourself. Bring your whole heart to what you do. Be present in the moment and love losing yourself in that moment.

Innovation

We strive to always find the best approach. We are flexible and thrive on unique, original and creative pathways.

Empowered

We believe in you! We want to teach you the tools to let you be in charge of your future and carve your own unique path with confidence and courage.

Respect

The value and opportunities for a great team starts with respect. We listen to your goals, values, and perspectives and use these to drive individual tailored pathways. What you want to achieve – inside dance and outside dance – will drive motivation and happiness

Health

Your body is your tool we embody healthy choices and will help you grow your understanding to guide you towards optimal physical and mental well-being

What we strive to provide

- Dance as a tool to build life skills
- A space to encourage passionate and motivated individuals
- Strategies to build excellence in dance and performance

- Enhance body awareness, co-ordination, motor tone and precision of movement
- Tools to develop resilience and the ability to cope in stressful situations
- Tailor-made programs to dancer's specific needs & goals
- Proven teaching methods within a safe dance environment guided by physiotherapy principles

An Allegra Dancer

The attributes listed below form the basis that we at Allegra Dance Academy work to develop within all our dancers

- Enjoyment – our lessons are underpinned by a philosophy of learning, encouragement and enjoyment
- Commitment – turning up to class and rehearsals, show commitment to your own goals and being part of a team.
- Respect – Dancers learn to always be respectful to all dancers, teachers, staff, dance families and the studio facilities. Our dancers embody a positive attitude by showing an eagerness to learn and improve their technique.
- Strong Work Ethic – Our dancers use their time for learning in class in an exemplary manner, preparing for classes by ensuring retention of choreography and corrections from previous lessons.
- Well Presented – Our dancers should dress according to our uniform code with hair done for class, behave with respect for their surroundings and peers
- Self-Care – Our dancers strive to understand their bodies needs to support their training. Strength and conditioning work, alongside health nutrition and adequate rest are all key to a healthy and successful dancer.
- Application – Our dancers strive to develop a consistent focus and implementing corrections given to them by their teachers.
- Production Support – Learning to work as a team, both onstage and behind the scenes are key to the success of a production.
- Stage Presence – Engaging facial and non-verbal expressions connect the audience members to the mood and character roles
- Projection – Reach and connect with every audience member.



2.3 Contact Information

Allegra Dance Academy
Allegra
Level 1, 2 James Street
Yeppoon QLD 4703
Phone (07) 4845 6956
admin@allegrastudios.com.au
www.allegrastudios.com.au

Public Facebook Page
www.facebook.com/allegradanceyeppoon

Instagram
allegra_dance_academy

Closed Facebook Group for second hand dance wear
ADA Second Hand Dancewear – Buy, Swap, Sell site
<https://www.facebook.com/groups/3858141110922625/>

If you have any questions or feedback, please contact the Allegra admin team by phone or email. Our reception hours are 8.30am to 6pm Monday – Friday and 8.00am – 12pm on Saturday.

Our public Facebook page is designed for sharing our studio with the wider public, so while we encourage you to post positive experiences and photos and tag us to share our love of dance. Any questions you may have are best emailed or addressed with us directly.

2.4 The 2025 Dance Year

Term 1

Monday 3rd February – Saturday 5th April (9 weeks)

Classes will focus on learning exam material and establishing good strength and dance foundations

Term 2

Tuesday 22nd April – Saturday 28th June (10 weeks)

Public holidays are Monday the 21st April, Friday the 25th April, and the 5th May . No classes will be held on these days and will not be included in term fees

Focus: Dance Technique & Syllabus

Competition Teams: Rockhampton Eisteddfod: 17th – 18th of May

Ooh La La: 14th of June

Term 3

Monday 14th of July – Saturday 20th September 2025 (10 weeks)

Friday the 5th of September is a public holiday, and will not be included in term fees

Focus: Dance Technique & Syllabus

Exam preparation; Exams estimated to be in August/September

Competition groups: Rockhampton Dance Festival September

Rehearsing for End of Year performance dances commence

Term 4

Tuesday 7th of October – 13th December 2024 (10 weeks)

Monday 6th October is a public holiday, no classes will be held on this day and hence won't be included in your term fees.

Focus: Dance Technique & Syllabus

ADA Dance Performance Week 8/9 – dates to be confirmed with St Brendan's

2.4.1 Exams and Certificates

Exams are held yearly in our ballet and tap streams. We do not currently offer exams in jazz, contemporary, acro or hip hop. Teachers will discuss exams with parents and students to ensure they are right for each student. Exams or mock exams are strongly encouraged but are optional.

Exams are an important tool for dancers to consolidate their technical development as well as provide a goal for them to work towards. It also gives students the opportunity to attend specialist dance courses should they seek to have a career in dance performance, to teach dance as a supporting job or to teach dance as a career.

Starting exams at a young age provides benefits, as younger students tend to be less nervous and they can grow up with the exam process. There are certain levels of dance that require prerequisites and therefore, taking exams progressively from younger ages provides the starting point should the student wish to pursue a career involving dance.

ADA is committed to provide career pathways for students and can support further dance teaching education through The Dance Apprentice Program for our senior students interested in gaining experience in teaching dance. For more information on these programs please enquire within. We are proud to see our current students who have been involved in these programs continue on within the company carving out their preferred career pathways and gaining real world experience.

2.4.2 Eisteddfods and Dance Competitions

Eisteddfods provide the opportunity to perform in peer groupings and give dancers valuable stage experience, providing us with a goal and fun challenge to start 2025. Allegra Dance Academy participates in Eisteddfods each year to provide students with additional performing opportunities and consists of 3 teams, Junior, Intermediate and Senior groups. **It is compulsory for all competition dancers to be enrolled in at least 1 ballet class a week** to ensure they maintain and continue to improve their technique and strength. We will look to participate in the following Eisteddfods this year where dancers who have demonstrated strong commitment to their dance training are invited to attend.

- The Rockhampton Eisteddfod dance program commences Thursday 17th May - 18th May.
- Ooh La La Dance Competition in Yeppoon on the 14th of June; and
- Rockhampton Dance Festival in September.

The schedules are set when the entries are received so we are not able to give more specific times and dates at this time.

Emails will be sent to families seeking commitment for dancers to perform in the eisteddfod with Allegra Dance Academy. The email will include costs and time commitments. Rehearsals will occur weekly for Term 1, 2 & 3 (Commencing 28th January).

Allegra Dance Academy can provide solo, duo and trio choreography (for an agreed fee) and will coach dancers to compete in eisteddfods and dance competitions. Students and parents are to contact Alex to discuss their requests. Private lessons are charged at \$70 per hour. Booking lessons are the responsibility of the student/parent and must be made at reception/online within times that are available with the studios and teachers. It is recommended that a minimum of 6 x1 hour privates occur

for any new solo to ensure it is performance ready. No student is permitted to enter a solo/duo/trio into an Eisteddfod or competition without the consent of their teacher/Academy Director.

Each soloist that is representing Allegra Dance Academy must participate in at least one ballet class a week and also competes in the group teams. This is to ensure the dancer is receiving adequate training for technique and performance etiquette. An Allegra jacket must be worn to all competitions and all students must demonstrate excellent sportsmanship and behaviour at all competitions and rehearsals. No negative behaviours towards any other competitor or event organiser will be allowed. Disregard for these rules may result in removal of the student from future competition opportunities.

Costumes for Solos/Duos/Trios have the option of hiring from the Academy's costume department OR purchasing their own. Approval of any costume must be sought with their teacher prior to purchasing and final approval will lie with their relevant teacher. All efforts will be made to ensure the costume is age appropriate and that a design and size that the student is happy and comfortable to wear onstage.

Allegra students are welcome to book studio time to rehearse their set choreography at no extra cost provided the studio is not required for any other classes. Please see reception to book in those times to ensure it remains available to you. Allegra staff reserve the right to change any bookings that are made more than 2 weeks in advance if classes are needed to be scheduled.

2.4.3 Annual Allegra Dance Performance

Allegra Dance Academy presents an original dance production annually with the entire performance designed, choreographed, staged, directed and performed by staff, students and local talent. Our annual dance performance enables the community to experience and share the art of dance with the message that dancing for joy, mental and physical wellbeing and storytelling is a life-long endeavour.

In 2025, we have a draft plan for the performance that we can confirm when dates and bookings can be finalised. It is based on the following principles:

- The performance will be on a Saturday/Sunday in late November or early December, with dress rehearsals the day prior on the Saturday. And a full run through 1 or 2 weekends before.

2.5 Meet the Faculty

Alexandra (Alex) Darnley-Stuart



*Principal
Allegra Dance
Academy*

*Founder
Allegra Studios*

Physiotherapist

Principal – Allegra Dance Academy and founder of Allegra Studios

Alex trained and completed her RAD ballet examinations to Advanced II in Canberra and then went to America to further her training at the Boston Ballet School and dance with The Tulsa Ballet as an apprentice.

Due to injuries, Alex returned to Australia and completed studies as a physiotherapist whilst continuing to dance with Ulysses Dancers in Townsville. Alex completed an honours research project with The Australian Ballet looking at factors associated with low back pain in professional ballet dancers.

Alex has worked in dance physiotherapy in Sydney and has practiced at CQ Physio in Yeppoon. Alex provides physiotherapy to some of the touring dance companies when they perform at the Pilbeam Theatre, including the Sydney Dance Company and Bangarra Dance Company.

Establishing Allegra Studios has brought together Alex's passion for Dance and Health providing a unique offering for the Central Queensland region.

Renee Clare



Dance Teacher

Renee joined Allegra Dance Academy in 2021, bringing to the team 20+ years of professional dance performance experience and dance teaching experience.

RAD trained, Renee's 10-year professional dance career includes The Queensland Ballet with promotion to soloist 2005-2007, Royal NZ Ballet Company, Mediterranean Sea Cruises and Lumiair Circus Show with Aerial Angels Australia.

Renee transitioned to teaching in 2012 and enjoys teaching both technical syllabus and innovative choreography and combinations, drawing on her extensive stage and performance background.

Emma Reynolds



Dance Teacher

Emma joined the Allegra team at the beginning of 2024, teaching a variety of streams in dance.

Emma began dancing at the age of 3. After completing dance exams in RAD and studying EDTA jazz and tap, she moved on to pre-professional full time training in Brisbane at Queensland College of Dance.

Emma is very involved in the musical community in Rockhampton after finding a passion performing in musicals such as Phantom of the opera, Fame, Wizard of oz, Cats, and most recently 9-5.

Rhianna Vaughan  <i>Dance Teacher</i>	<p>Rhianna has started with Allegra during 2024 and brings a powerhouse of experience, stamina and creativity.</p> <p>Rhi started dance at the age of 4 in Yeppoon and after graduating she moved her training to Sydney for full time pre-professional at Ev&Bow training centre and overseas pursuits in dancing to Israel.</p> <p>Rhianna has a passion for contemporary dance and from teaching senior Contemporary in 2024 she is excited to pass on more of her knowledge in Jazz, Strength, Technique, Acro and Ballet for 2025.</p>
Shae Griffiths  <i>Junior Teacher</i>	<p>Shae grew up in Yeppoon and began dancing when she was 4.</p> <p>Her creativity and passion are an asset to our team.</p> <p>Shae completed a dance apprenticeship with Allegra in 2023 and began teaching our Junior Contemporary, tiny tots and beginner jazz in 2024.</p>
Heidi Veach  <i>Junior Teacher</i>	<p>Heidi Grew up in Yeppoon and started dancing at the age of 2</p> <p>In grade 6 she started helping teach younger students, and is now an incredible asset to our teaching team .</p> <p>Heidi has completed a Cert II, IV & and dance apprenticeship with Allegra.</p>
Administration	Tracey Hope, Hayley Locke, Emma Reynolds
Administration and Finance	Emma McPherson
Communications and Public Relations	Sussanah Willis
Student Support Team	TBC

3. Dance Classes

Allegra Dance Academy teachers and staff can assist parents with their child's enrolment and to establish the best classes to start their dance journey. Ages are generally taken as of 1st January however student's experience and ability will be considered for class placement. Classes offered may be adjusted according to the enrolments and ongoing demand.

3.1 Tiny Tots

A fun-filled joint 45-minute class designed for children aged 2-4 years. Dancers enter a fun and engaging class using props to explore the world around them through dance. The tiny tots class offers the opportunity for improved body awareness, increasing muscle tone, co-ordination and spatial awareness as well as dancers learning how a structure of a dance.

3.2 Intro to Dance

Designed for ages 3 – 4 years, Intro to Dance provides 45 minutes of dance fun in an enriching and fun-filled environment for children to explore the world around them through dance. Such opportunities provide improved body awareness as well as increased muscle tone, coordination and spatial awareness. It is our commitment to your child that we will work with them to find their motivation and passion to build movement to music that is fun for everybody.

3.3 Ballet

Ballet provides the core for every dance style and underpins contemporary, lyrical and demi-character dance genres. Allegra Dance Academy uses the Royal Academy of Dance (RAD) dance syllabus for the junior, grade and major grade classes- Intermediate Foundation, Intermediate and Advanced Foundation, Advanced 1 and Advanced 2 classes.

Class	Suggested Age Group	Duration/week
Pre-Primary Ballet	4 – 6 years	45 mins
Primary Ballet	5 – 7 years	45 mins
Grade 1 Ballet	6 – 7 years	1 hour
Grade 2 Ballet	7 – 8 years	2x 1 hour
Grade 3 Ballet	8 – 9 years	2x 1 hour
Grade 4 Ballet	9– 10 years	2x 1 hour
Grade 5 Ballet	10 – 13 years	2x 1 hour
<i>Major Grades*</i>		
Intermediate Foundation	12-13 years	2x 1 – 1.5 hours
Intermediate	13+ years	2x 1 – 1.5 hours
Advanced Foundation	14+ years	2x 1.5 hours
Advanced 1	15+ years	2x 1.5 hours
+Pointe	Intermediate Foundation+	30 mins
Open Ballet	Intermediate Foundation+	1.5 hours

Pointe classes are provided to eligible students, that form a component of all the major grades syllabus work .

Open Ballet classes provide students with the opportunity to use their ballet technique in a variety of choreography and combinations to explore the different applications of ballet technique for stage. These classes will be scheduled in when required to assisted in appropriate warm up and preparation for rehearsals and performances.

ADA also provides adult ballet classes for open ages from 14+. These classes are designed for beginners or experienced dancers to start or continue their dance learning and to continue enjoying the discipline of dance. The adult ballet classes are excellent for fitness and to support performers with their stage readiness.

Class	Suggested Age Group	Duration
Adults Ballet - Beginner	Adults, 14+	1hr
Adults Ballet – Intermediate	Adults, 14+	1hr

3.4 Tap and Jazz

Tap is a popular dance form with classes incorporating traditional tap, waltz tap, speed tap and modern tap styles using creativity and different rhythms as the base. ADA tap classes use the Comdance tap syllabus.

Class	Suggested Age Group	Duration
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Foundation Tap	5 - 7 years	1 hour
Grade 2 Tap	8 – 9 years	1 hour
Grade 4 Tap	10 – 11 years	1 hour
Grade 6 Tap	11 – 13 years	1 hour
Grade 8 Tap	13+ years	1 hour

Jazz is a high energy dance style using current pop music. Classes focus on increasing strength, flexibility and explosive dance combinations. Our jazz classes will incorporate elements of musical theatre and lyrical jazz to expand the learning and technique for students.

Class	Suggested Age Group	Duration
Beginner Jazz	5 – 6 years	1 hour
Grade 1 Jazz	6 - 7 years	1 hour
Grade 2 Jazz	7 – 8 years	1 hour
Grade 3 Jazz	7 – 9 years	1 hour
Grade 4 Jazz	9 – 11 years	1 hour
Grade 5 Jazz	11 – 12yrs	1 hour
Grade 6 Jazz	12+ years	1 hour
Grade 7 Jazz	13+ years	1 hour
Grade 8 Jazz	14+ years	1 hour
Grade 9 Jazz	15+ years	1 hour

Allegra Dance Academy also provides adult tap classes for open ages from 14+. These classes are designed for beginners or experienced dancers to start or continue their dance learning and to continue enjoying the discipline of dance. The adult ballet classes are excellent for fitness and to support performers with their stage readiness.

Class	Suggested Age Group	Duration
Adults Tap - Beginner	Adults, 14+	1hr
Adult Tap – Young at Heart	Adults any age	1hr

3.5 Contemporary

ADA provides structured contemporary dance training incorporating aspects of movement from ballet and jazz dance genres. Contemporary dance combines the strong but controlled legwork of ballet with elements of modern and jazz dance, focussing on the contract and release of the body with unpredictable changes in rhythm, speed and direction. Contemporary dance uses floor work, fall and recovery and improvisation characteristics. Students' eligibility for contemporary dance classes is assessed by ADA teachers and discussed with the parents and students prior to enrolment.

Class	Suggested Age Group	Duration
Foundation Contemporary	7 - 9 years	1 hour
Level 1 Contemporary	9 – 12 years	1 hour
Level 2 Contemporary	12 – 14 years	1 hour
Level 3 Contemporary	13+ years	1 hour
Level 4 Contemporary	15+ Years	1 hour

The open Contemporary class is for students and adults from 14+ who enjoy learning contemporary technique or dance for enjoyment and fitness. These classes are designed for beginners or experienced dancers to start or continue their dance learning journey and provide the opportunity for ongoing enjoyment of dance and to build their fitness. The open contemporary classes are excellent to support performers with their stage fitness and readiness.

Class	Suggested Age Group	Duration
Open Contemporary	Adults, 14+	1 hour

3.6 Strength and Acro

ADA provides open strength and technique classes for all ages. Grade 4 and above ballet, jazz and all contemporary students are strongly encouraged to attend at least one strength and technique class per week. Using specialist Pilates and physiotherapy techniques, strength classes provide dancers with the core muscle strength and flexibility needed to enable them to excel in their chosen dance form and prevent injury. Dancers will also be supported in these sessions with injury recovery. The technique focus on specific foundation drills to improve jumps, turns and other key dance steps.

Acro classes are an additional 30mins at the end of the strength class and focus on attaining acrobatic tricks. It is a requirement that those participating in this class must complete the strength and technique class prior to ensure appropriate strength and warm up is attained prior to their acro class

Class	Suggested Age Group	Duration
Strength and Technique Junior	8-10	1 hour
Strength and Technique Intermediate	10-12	1 hour
Strength and Technique Senior	13+	90mins
Class	Suggested Age Group	Duration
Acro Junior	8-10	1 hour
Acro Intermediate	10-12	1 hour
Acro Senior	13+	90mins

4. Uniforms, What to Wear and bring to class

Allegra has its own personalised uniforms that you can purchase online on our website or from reception. Each section of the school has their own unique colours and styles. These can be purchased through our online shop. See our website for more details.

4.1 What to wear to class

See the following pages 16-26 for full uniform and shoe requirements

4.2 Hair

Hair must be neat and pulled off the face completely. Ballet buns to be worn for Grade 1 and above ballet classes (if length permits). For other classes, buns, pony tails and/or plaits are suitable. Space buns may be the most suitable for Tiny Tots and Intro to Dance.

If dancers have a very short time frame between school finishing and class starting, please consider having their hair in ponytails/plaits to wear to school and pack some hair product, comb and pins for buns to do a quick tidy of the fly-aways between school and class.

With practice, buns can be completed in a very short space of time and dancers should be encouraged to learn to do their own hair. Dancers in Grade 5 and above should be able to prepare their own hair for class.

Our Allegra Student Support Crew can assist students and parents/carers to learn how to do hair and tie ballet shoes with the aim for dancers to become self sufficient.

Please use the link below to access the bun tutorial:

https://drive.google.com/drive/folders/1fJkNPJ83rPzdcxw2TUwL_BaddhPph5n4?usp=drive_link

4.3 Dance Shoes

See the following pages 16-26 for full uniform and shoe requirements

Dance shoes are very expensive and necessary for dance training. As such, dance shoes should never be worn outside the studio. This is also very important to protect our state-of-the-art dance flooring and we kindly ask that you check that tap shoes do not have any damage to the metal plates that could scratch our flooring.





4.4 Exam Attire

Students are welcome to wear their exam attire in class. See the following pages 20-26 for full uniform and shoe requirements

Allegra Studios Uniforms and Requirements

GIRLS


ALLEGRA MINIS

	ONLY available through our online store			
Tiny Tots	Ballet, Tap and Jazz: 	Ballet: Allegra Dance Academy Emily Skirt in Ballet Pink (Exam and Class) 	Ballet, Tap & Jazz: Energetiks ballet sock in salmon pink 	Ballet: Bloch Prolite Leather ballet shoe 
Intro to Dance				
Pre-primary Ballet				
Primary Ballet				
Foundation Tap		Tap & Jazz: Allegra Dance Academy Madison Shorts in black 		Tap: Bloch Tap On in Tan 







Beginner Jazz				Jazz: Bloch Elastaboot in Tan 
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ALLEGRA JUNIORS

ONLY available through our online store				
Beginner Jazz	Jazz, Tap and Strength & Acro: Allegra Dance Academy Leotard in Bright Pink  Exam & Class: Annabelle	Jazz, Tap and Strength & Acro: Allegra Dance Academy Shorts or Capri in black  Exam & Class: Capri	Jazz & Tap: Energetiks ankle sock in Beige 	Jazz: Bloch Elastaboot in Tan 
Grade 1 Jazz				
Grade 2 Jazz				
Primary Tap				Tap: Bloch Tan Tap On OR Slick PRO loose fit (highly recommended for exams) 
Grade 1 Tap				
Grade 2 Tap				

Junior Strength & Acro	Class Option: Aurora 	Class Option: Shorts 		Strength & Acro: Bare Feet
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ONLY available through our online store				
Grade 1 Ballet	Ballet: Allegra Dance Academy Leotard in Bright Pink:  Exam & Class: Annabelle	Ballet: Energetiks Salmon Pink convertible tights 	Ballet: Bloch split sole leather ballet shoes with ribbons 	Ballet: Energetiks Matilda Ribbon skirt in blue 
Grade 2 Ballet	Class option: Aurora 		 AND Bloch Accent Character Shoe (low heel)	

ONLY available through our online store				
Grade 3 Ballet	<p>Ballet: Allegra Dance Academy Leotard in Bright Pink:</p>  <p>Exam & Class: Annabelle</p> <p>Class option: Aurora</p> 	<p>Ballet: Energetiks Salmon Pink convertible tights</p> 	<p>Ballet: Bloch split sole leather ballet shoes with ribbons AND Bloch Tempo Character Shoe (Cuban heel)</p>  	<p>Ballet: Energetiks Matilda Ribbon skirt in blue</p> 

ALLEGRA INTERMEDIATES

ONLY available through our online store







Grade 4 Jazz	<p>Jazz, Tap, Contemporary and Strength & Acro: Allegra Dance Academy Leotard in Teal</p>  <p>Exam & Class: Annabelle</p> <p>Class option: Kitri</p> 	<p>Jazz, Tap, Contemporary and Strength & Acro: Allegra Dance Academy Shorts or Capri in black</p>  <p>Exam & Class: Capri</p> <p>Class Option: Shorts</p> 	<p>Jazz & Tap: Energetiks ankle socks in beige</p> 	<p>Jazz: Bloch Elastaboot in Tan</p> 
Interfound Jazz				<p>Tap: Bloch Tan Tap On OR Slick PRO loose fit (highly recommended for exams)</p>
Grade 4 Tap				
Interfound Tap			<p>Contemporary Option: Capri tights in skin tone under shorts</p> 	<p>Contemporary: Capezio Foot undeez for performance and bare feet or socks for class</p> 
Foundation Contemporary				
Level 1 Contemporary				
Level 2 Contemporary				

Intermediate Acro & Strength				Strength & Acro: Bare feet
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	ONLY available through our online store			
Grade 4 Ballet	Ballet: Allegra Dance Academy Leotard in Teal  Exam & Class: Annabelle	Ballet: Energetiks Salmon Pink convertible tights 	Ballet: Bloch split sole leather ballet shoes with ribbons AND Bloch Tempo Character Shoe (cuban heel)  	Ballet: Energetiks Matilda Ribbon Skirt in Blue 
Grade 5 Ballet	Class option: Kitri 			

		ONLY available through our online store		
Grade 6 - 8 Ballet	<p>Ballet: Allegra Dance Academy Leotard in Navy</p>  <p>Exam & Class: Aurora</p>	<p>Ballet: Energetiks Salmon Pink convertible tights</p> 	<p>Ballet: Bloch split sole leather ballet shoes with ribbons AND Bloch Tempo Character Shoe (cuban heel)</p>  	<p>Ballet: Energetiks Matilda Ribbon Skirt in Blue</p> 
	 <p>Class option: Annabelle</p>			

ALLEGRA SENIORS

		ONLY available through our online store			
Senior Jazz	<div>*Students choice of leotard for class</div> <div>Tap Exam Leo: Allegra Dance Academy Aurora Leotard in Black</div> <div></div>	<div>Jazz, Tap, Contemporary and Strength & Acro: Allegra Dance Academy Shorts or Capri in black</div> <div></div> <div>Exam & Class: Capri</div>	<div>Tap & Jazz: Energetiks Anklet in Beige</div> <div></div>	<div>Jazz: Bloch Elastaboot in Black or Tan</div> <div></div>	
Advanced Tap		<div>Class Option: Shorts</div> <div></div>	<div>Tap: Bloch Black Tap On OR Slick PRO loose fit (highly recommended for exams)</div> <div></div>		
Senior Contemporary			<div>Contemporary: Capri tights under shorts</div> <div></div>	<div>Contemporary: Capezio Foot Undeez for performance and Capezio Hanami Canvas Pirouette for class</div> <div></div>	







Senior Strength & Acro				Acro: Bare feet
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ONLY available through our online store				
Intermediate Foundation	<p>*Students choice of leotard for class</p> <p>Ballet Exam Leo: Allegra Dance Academy Aurora Leotard in Black</p> 	<p>Ballet: Energetiks Salmon Pink convertible tights</p> 	<p>Ballet: Bloch split sole leather ballet shoes with ribbons</p> 	<p>Ballet: Pointe shoes <i>(new pointe students must discuss with teacher before purchasing)</i></p> 
Intermediate				
Advanced Foundation				
Advanced I & II				

ALLEGRA HIP HOP - GIRLS

ONLY available through our online store				
Junior Hip Hop	Hip Hop: Allegra Dance Academy Parker tee in Black 	Hip Hop: Allegra Dance Academy Shorts or Capri in black  Class Option: Capri  Class Option: Shorts	Hip Hop: Black socks or Energetiks dance socks in black 	Hip Hop: Black sneakers or street shoes (ie Converse, Vans)  
Intermediate Hip Hop				
Senior Hip Hop				

ALLEGRA BOYS

ONLY available through our online store				
Ballet (Class & Exam)	<p>Ballet: Allegra Studios</p>  <p>Boys Jesse leotard in white</p>	<p>Ballet: Allegra Studios boys Oakley capri in black</p> 	<p>Ballet: Energetiks dance sock in white</p> 	<p>Ballet: Bloch Prolite Leather Men's ballet shoe</p>  <p>AND Bloch Karacta Canvas Shoe (Gr1-8)</p>
Tap (Class & Exam)		<p>Tap: Allegra Studios Matthew short in black</p> 	<p>Tap: Energetix dance sock in black</p> 	<p>Tap: Bloch Jazz Tap Shoe in Black OR Slick Leather Lace up Oxford in Black (highly recommended for exams)</p> 

		Tap: Allegra Studios Parker Tee in Black 			
	ONLY available through our online store				
Jazz	 Jazz: Allegra Studios Caleb Tank OR Parker Tee in Black	Jazz: Allegra Studios Matthew short in black 	 Jazz: Energetiks dance sock in black	Jazz: Bloch Elastaboot in Black 	
Hip Hop	 Hip Hop:	Hip Hop: Allegra Studios Blaine short in black 		Hip Hop: Black sneakers OR street shoes (ie Converse, Vans) 	

	<p>Allegra Studios Caleb Tank OR Parker Tee in Black</p> 		<p>Hip Hop: Black socks OR Energetiks dance sock in black</p>	
Contemporary & Strength/Acro	<p>Contemporary & Acro</p>  <p>Allegra Studios Caleb Tank OR Parker Tee in Black</p> 	<p>Contemporary & Acro: Allegra Studios Matthew short in black</p> 		<p>Contemporary: Socks or bare feet Acro: bare feet</p>

4.5 What to bring to class

- All items should be named clearly and brought in an appropriate dance bag.
- Dance attire is to be worn, crop tops to be covered with overshirts or singlets.
- Hair is to be neatly pulled back off the face and shoulders with buns, pony tails, plaits etc.
- Dance shoes or socks (no hard sole shoes on the studio dance floors).
- Water Bottle, please avoid sugary drinks so we have the best focus possible for class.
- Healthy snacks as required, please avoid sugary items so we have the best focus possible for class.
- Hand towel and deodorant for junior, intermediate and senior dancers.
- Jewellery should be kept to a minimum.

5. Fee Structure

Dance classes fees are charged per term, with an early-bird discount of 10% on the total if fees are paid by the due date (excluding strength classes).

90-minute classes are \$24 per class (incl GST)

One-hour classes are \$18 per class (incl GST)

45-minute classes are \$15 per class (incl GST)

Tiny Tots classes have the option to be paid as you go, rather than charged per term. Additionally children under 3yrs of age are charged at a reduced rate of \$9 in a Tiny Tot class.

Senior students who attend 5 classes per week (e.g. Ballet x 2, Strength x 1 and any three from Jazz, Tap, Contemporary, Hip Hop and any additional ballet classes) may enrol in additional classes free of charge. Competition Troupe classes are not included in this calculation. Any free enrolment classes are to be discussed and agreed with our Studio Principal prior to each term.

Students who miss a class may have an opportunity to make it up with another similar class if there is one on offer within the same term, otherwise the class will be forfeited unless it is the fault of the studio. Please check with the teachers to determine what make-up class would be appropriate for missed classes.

Dance performance costumes, props and accessories for group dances are typically provided by Allegra Dance Academy with students charged a hire fee per performance up to \$35 per costume. Dance performance costumes, props and accessories for solos, duos and trios may be provided by Allegra Dance by agreement, with students charged a hire fee per performance of up to \$35 per costume. Shoes and stockings are supplied by the dancer. Costume fees are sent as a separate invoice.

Choreography for solo, duo and trio performances can be requested and discussed with our school Principal. A choreography fee and private lessons are charged separately with lesson fees payable to the teacher at the start of the lesson. Allegra students may book studio time (without charge) to rehearse their set choreography.

Exam fees are additional to class fees and will be sent as a separate invoice. The annual Allegra Studios performance has a one-off performance fee of \$40 per family added to the Term 4 account.

Allegra Dance is currently assessing jackets and other uniform items for purchase; more information will be available when options are available.

Payment plans can be arranged by agreement with Allegra Dance Academy administration or the principal.

Guidelines

5.1 Covid19 and Flu Protocols

Allegra Dance will follow all protocols and regulations set by the Queensland Government in regards to the Covid19 and Flu. Please carefully read the following procedures we must follow to keep everyone safe.

1. Students do not need to be vaccinated to attend classes.
2. Students or family members are not to attend class or come to the studio if they have any Flu Covid19 symptoms and/or should be isolating/in quarantine.
3. Please ensure good hygiene is maintained. Students and parents are encouraged to wash their hands or use hand sanitiser before entering the studios.
4. Bathrooms and common areas will have regular cleans with a deep cleanse weekly.

5.2 Arriving for class and leaving class

- Please arrive no earlier than 10 minutes before the start time of your class.
- Dance families are requested to minimise the number of people waiting in the Dance Academy waiting area during class time; socialising and waiting should be done off-site. Seating is available downstairs at the rotunda across from the studio, across the road at Beaman Park, the many nearby coffee shops or our beautiful beachfront.
- We have limited space and also run a Physiotherapy and Pilates studio. In respect to them and in an effort to maintain a professional waiting area for their patients, we ask that parents do not remain in the waiting area, particularly during busy times. If you would like to chat to Allegra staff or gain a quick look at your child's class we suggest you briefly pop in at a quiet time (often in the middle of a lesson). We ask that if you see the space is becoming crowded that you wait downstairs for your child. Allegra staff also reserve the right to ask family members to wait downstairs should the space become disruptive to the Physiotherapy and Pilates patients and staff. Teachers, Student Support Crew and reception staff will work together to coordinate students' arrival, entering classes, waiting for classes and exiting classes to manage the spaces and social distancing requirements.
- Allegra Dance teachers and staff will provide supervision during class time (10 minutes before until 10 minutes after). Students are not permitted to leave the premises unless collected by a parent or carer.
- Tiny tot, Intro to Dance and pre-primary parents and carers may come into the common room to drop off and collect their children. Waiting should be possible so long as no overcrowding occurs.
- Parents and carers are requested to wait downstairs for students at the end of class for all other classes.

- Prep and Primary school age students will not be sent downstairs if parents or carers are not there to collect them and they will wait upstairs in the studio.
- High school age students may leave the studio and go downstairs without specific supervision unless parents or carers have made other arrangements with ADA staff.
- Students should be collected at the class scheduled completion time. If you are concerned you might be more than 10 minutes late, please let us know.
- If you wish to talk with the dance teacher, please make an arrangement by emailing or contacting Allegra Studios reception or through their class teacher.

5.3 Medical Information

Our teachers are trained professionals who are keen to work with all children and personalities. The more we know about your child, the better the dance experience will be for all involved.

- The medical form must be completed for all students on registration and updated as required.
- Teachers are to be notified regarding any health concerns or injuries.
- Students with asthma should always have their inhaler readily available in their dance bag or handed to the teacher or a staff member on arrival for class.
- Teachers are available to discuss any specific learning strategies for your child.
- Students are not to attend class if they are unwell
- Injured students may attend to participate with modified lessons or to watch if they are well

If a student is observed to be unwell during a class, you may be called and requested to collect your child immediately.

All information about students is confidential.

5.4 Attendance and Absence

All students need to attend their scheduled classes. Each class offers a step forward in the learning process and regular attendance helps the class to develop together, learn and retain choreography, technique to develop and muscle memory to become entrenched. Missed classes can leave students behind their peers which can impact on their enjoyment of the class and hold back other students. We understand that sickness can impact their attendance and we are happy to offer assistance to help students catch up where able. It is important to advise the school as soon as possible if a student will be absent. Please contact the administration team on 07 4845 6956, admin@allegrastudios.com.au or private message us through our facebook page and advise which classes will be missed and the reason for the absence.

Students need to arrive to the studio with enough time to prepare themselves for class. Dance is a physical activity that requires the body to be warmed up and cooled down to execute movement safely. Students arriving late will miss the proper warm-up and places them at risk of injury.

Students who miss a class may have an opportunity to make it up with another similar class if there is one on offer within the same term, otherwise the class be forfeited unless it is the fault of the studio.

Please check with the teachers to determine what make-up class would be appropriate for missed classes.

5.5 Lost and Found

Please name ALL dancewear, shoes and personal items. We have a lot of dance attire that gets left behind and we love being able to return these items to the rightful owner. We have a lost & found box in the Dance Academy common area where any lost property will be placed. The box will be emptied at the end of each term.

5.6 Studio Environment, Code of Conduct and General Guidelines

We consider all students, staff, parents and carers to be part of our dance family. Our commitment is to have fair, open and honest communication and we will respect and monitor personal boundaries.

6.6.1 Our classroom environment

We encourage a relaxed learning environment where students feel comfortable with mutual respect between the dancers, teachers, staff, parents and carers. We encourage individuality and enjoyment; however, classes are not a playground and we do not accept poor behaviour. We expect all members of our dance family to be polite and our teacher or staff instructions will be followed.

In the dance classroom the teacher is in charge and works carefully to create a sense of focus, challenge and enjoyment for students. Teachers plan the syllabus and classes for the term and monitor all student's progress, technique and general wellbeing for dancing.

Parents, carers and siblings are not permitted in the classroom. Classes can be watched through the windows, as long as capacity requirements are maintained. Teachers have the right to close the blinds if the windows are distracting to the class.

In 2022, we introduced the role of Student Support Crew as part of our team. We will continue to include our Student Support Team in 2025 and they will support teachers with students moving in and out of classes, assist students to be prepared for class, provide fun activities for students while they are waiting and assist parents with general enquiries. If you are unsure of any uniform requirements, hair guidance, or tying up shoes they will be more than happy to help. We will also have some assistant teachers who will assist teachers in class with our younger students to help them.

6.6.2 Practice at home

Encouraging children to practice at home is welcomed, but they should not be forced to do so. The general exploration of movement or remembering what they did in class is great for junior dancers, however they are not expected to have any structured practice.

As dancers get older, teachers will encourage specific exercises or steps to practice at home. Repetition is one of the key elements for success and the more they practice the more confident they will feel. While practicing with your child can greatly enhance the dance experience, we don't expect parents, carers or siblings to correct them or force them to practice.

It is common to find dancers sitting in splits, stretching, or practicing for exams, performances or just to 'master' a particular move. We never want dancers to stretch beyond their body's capability or to injure themselves. Please raise any concerns to the teachers regarding practice at home or trying dance moves they may see on social media/internet sites. We need our dancers to have a lifelong experience of dance and safe dance practice is critical.

6.6.3 Photographs and videos for promotional purposes

As part of your enrolment, you will have read and signed a media waiver allowing us to proudly use images and video footage of your student for encouragement, advertising and promotional purposes. Please advise us if you have any concerns with signing this waiver.

6.6.4 Use of social media

Use of social media is commonplace. These guidelines are intended to ensure students, parents and carers are clear about acceptable use and to eliminate any confusion regarding the use of social media at Allegra Dance.

- You are welcome to share photos and videos of your child celebrating what they have learned and accomplished at Allegra Dance Academy. If you post on social media, you may tag us in these photos so we may also share in your celebration.
- Do not post photos or videos of staff or other children other than your own without express permission from the staff member of the parent of these students.
- Never post anything that would compromise the self-esteem of a student, staff member, parent or carer.
- Please always deliver content with integrity, respect and kindness and adhere to privacy and confidentiality policies.
- If sections of class or content is shared, never post choreography in its entirety without expressed permission as Allegra Dance Academy owns the rights to all choreography taught at the school.
- You do not have permission to reveal any personal or confidential information that may compromise Allegra Dance Academy. By that, we mean you are forbidden to share personal information about the director, staff, students or their families or anything that is proprietary and/or confidential to them or Allegra Dance Academy.
- Students, parents and carers should neither claim nor imply that they are speaking on behalf of Allegra Dance Academy.
- While affiliated with our studio (such as images in our studio, on our premises, in any uniform or with Allegra Dance Academy branding) we will not tolerate any posts that are racially, sexually, physically, emotionally or religiously offensive.
- Respect all laws governing defamation, discrimination, harassment, copyright and fair use.
- Identifying information of any students, including names, ages or locations must be removed when posting on social media.

- Any posts, messages or comments perceived to be obscene, defamatory, threatening, harassing, discriminatory or hateful towards anyone may subject the writer/owner of the message to disciplinary or legal action.

6.6.5 Mobile phone and electronic device policy

In the interests of child safety and wellbeing, students are not permitted to use mobile phones or electronic devices during classes. Students found using phones or electronic devices in classes will be asked to give their phone to an Academy staff member to be stored away until the end of class. Mobile phones and/or electronic devices may be used in the Academy's waiting area. Headphones are to be used to minimise noise and disturbance.

If the Academy staff become concerned with mobile phone or electronic device use, or feel that the use of mobile phones is creating an unwelcoming environment for all students, we reserve the right to implement stricter policies regarding the use of mobile phones and electronic devices at the studio.

6.6.6 Code of Conduct

To ensure the smooth, safe running of Allegra Dance Academy and an enjoyable experience for all, we have our code of conduct. As always, we are open to feedback, so if any of the requirements outlined are not clear or concerning, please give us a call to discuss further. Following a formal meeting, we do reserve the right to cancel the enrolment of any students or to take disciplinary action on any students, parents or carers who breach our studio's code of conduct.

Families who do not comply with their fee or costume payment obligations may be charged a late fee, and/or excluded from classes or performances. External debt collection may occur when fees remain overdue at the expense of the client. Costume hire expenses are the responsibility of the parent, and costumes will not be issued to students with unpaid class and any Physiotherapy fees without an agreed payment plan in place.

We do ask that teachers are not disturbed in class unless there is an emergency. All parents and carers must wait outside until classes have finished and students have been dismissed.

We are unable to take responsibility for students before or after their scheduled classes and it is the responsibility of the parent or carer to ensure their child is picked up and dropped off on time. In the case of an emergency or unavoidable delay, please contact the studio to inform us of the situation so we can keep your child calm and safe until they can be collected.

Any question, feedback or complaints are to be advised to reception; teachers are not to be contacted through their personal contacts (phone, email, social media) or issues raised on social media unless agreed with ADA Principal Alex Darnley-Stuart. Personal meetings with Alex or teachers can happily be arranged.

In the rare case of a parent, carer or student showing disrespect or defamation to any parent, staff member, student or teacher, a meeting will be called immediately and dismissal or enrolment

cancellation may be considered at the discretion of the principal. Physical, mental, emotional cyber bullying will not be tolerated.

Allegra Dance Academy staff are educated in the negative impact of inappropriate music and costume selection when it comes to classes and performing dance routines and are wholeheartedly committed to ensuring students in all of our dance classes and routines are not subjected to any inappropriate songs or costuming. We recognise that songs with sexist, explicit or criminal content may influence our dancers and/or audience and will strive to avoid such music. We are committed to restricting costumes that project sexuality and/or contain explicit graphic or textual content. If you have any concerns at all, please contact the Academy's reception or the principal to discuss.

Allegra Dance Academy staff hold a current Blue Card and have been trained in first aid.

Allegra Dance takes no responsibility for any stolen or misplaced property on the studio premises and we encourage dance families to avoid bringing valuable items to the studio where possible.

Students are permitted to enter solo, duo or trio competitions with the permission of their teacher and choreographer.

Choreography, costuming and studio policies remain the intellectual property of Allegra Dance Academy and may not be reproduced or sold by any students, parents or staff without permission.

No student is permitted to have or be affected by tobacco, vaping, alcohol or any prohibited substance.

Unauthorised borrowing or theft of other's property will not be tolerated.

Wilful damage or destruction of property is prohibited and could require the payment of compensation.

All dangerous articles, substances and inappropriate materials/items/media is strictly forbidden.

We reserve the right to change teachers or timetabling, when necessary, at any time throughout the year.

Any information we may collect is for the purpose of providing services and products to you and to administer and manage invoicing and fee collection. We will never sell or pass on any of your information to third parties unless required by government authorities or in the event of debt recovery. Any information passes on will be done so with appropriate privacy and confidentiality protection. Information is stored securely in paper or electronic form and is accessible only by authorised personnel.

By accepting the conditions of Allegra Dance Academy, students and parents/carers acknowledge that activities are physical and may involve the risk of injury or accident. Every care will be taken to ensure the use of safe dance practices in a safe environment. Allegra Studios and Allegra Dance Academy will not be held responsible for injuries or accidents should they occur. Parents/Carers agrees to indemnify Allegra Dance Academy and Allegra Studios against any injuries or damage to persons or loss or wrongful death or loss or theft of property, whether caused by negligence or otherwise while participating in the activities provided.

6.6.7 Behaviour Management

We encourage students to have respect for all students, teachers, staff and studio property and we foster the development of good habits and compliance with the Academy's guidelines and code of conduct. Students are taught the importance of being part of their dance group and strive to ensure a happy, healthy professional environment for all.

Our teachers are trained to use constructive techniques to maintain class control and handle individual learning styles. Students who exhibit unacceptable behaviour or attitudes are informed that their behaviour is not acceptable and are directed to a positive alternative approach or behaviour. If a child strikes another child, which can happen at the early developmental stages of childhood, the two are respectfully separated and each is asked to explain what happened. They are requested to help solve the problem, talk to each other and reconcile with each other. If the behaviour is repeated, parents may be informed and agree on solutions required to manage the behaviour.

We do understand that development stages for children include learning focus and that some children are very spirited and have boundless energy, so we try to cater for this in our teaching methods. If a child's behaviour becomes disruptive to the class, they are respectfully requested to stop that behaviour. Repeated disruptive behaviour will be managed through dialogue and reminding the child of how it affects others and, if it continues, the children involved will be asked to sit out of the class for a short period of time (supervised) before rejoining the class. Teachers will work with parents and carers on learning strategies for children, however misbehaviour and ongoing disruption cannot be managed in the dance class environment and parents/carers may be required to take their child from the class.

6.6.8 Child Safe Policy

Safety is a fundamental right, a legal requirement and a moral obligation. There are a number of dimensions of safety. The psychological dimension is concerned with the emotional health and wellbeing of students, such as creating an environment that is nurturing and supportive. The physical aspect of safety addresses such things as properly equipped classrooms and correct anatomical instruction of technique along with injury prevention. This also involves, for dance teachers, due diligence with regard to human contact and touch.

Open Classrooms and waiting areas

Allegra studios ensures transparency through the use of our viewing windows. Every private lesson, regardless of the week, is open for parents to watch, along with our Tiny Tot classes to allow parents to assist with behaviour management of their very young children. Once they reach an age, generally 3 years the transition to parents watching from the viewing windows is encouraged. Due to the nature of our practice also involving health practitioners seeing patients that also share the same waiting area, we encourage parents to refrain from remaining in the space if they feel comfortable that their child is safe and settled. It is the role of the Teaching assistants and Student Support Team to help build this sense of support and safety for their child. Children under 10yrs should be accompanied by a student support team member when they are going downstairs to see if their parents are here. NO child should remain downstairs if their parents are not present to collect them. Please assist us if you see a student waiting downstairs by alerting our staff or student support team to ensure the child is brought back upstairs to wait for their parents.

Psychological Safety

Building trusting relationships between students, teachers and parents is at the heart of an open classroom policy along with good communication and respect between all parties. It is essential that all teachers on staff share the same work ethic, principles and values in order to create a nurturing environment for students. The academy is focused on building the self esteem and emotional well being of the students and emphasise a balanced approach to training.

Working with Children Checks and First Aid

All Allegra teachers (over the age of 18) who work with children are required to undergo the relevant State or Territory “working with children” check. In Queensland it is referred to as a blue card. and these clearances must be updated regularly. A current First Aid Certificate is required for all teachers, however, teaching assistants and Student Support Team Members do not require them unless they are taking classes independently.



6. Allegra Physiotherapy and Pilates

Ph. (07) 4845 6956

admin@allegrastudios.com.au

Allegra Studios is our overarching organisation, incorporating the Dance Academy and the Physiotherapy + Pilates that includes specialist physiotherapy and Pilates classes that works together to align movement, dance and wellbeing.

The following summary provides an overview of the Allegra Studios Health Collective Offering.

Pilates

Looking to improve your Strength? Mobility? Fitness? Or needing to recover from injury? We design individualised programs and provide physiotherapist run Pilates classes that can assist you with whatever your goals are. Contact Allegra Studios to book in your individual assessment and training sessions, then you can choose from our many Pilates class times on offer.

Physiotherapy

Physio appointments are available through Allegra Studios, incorporating assessments, diagnosis, prognosis, education, intervention, rehabilitation, prevention and health promotion. We help to restore movement and function when someone is affected by illness, injury or disability.

Adult Dance Classes

Allegra Dance Academy provides adult ballet classes for open ages from 14+. These classes are designed for beginners or experienced dancers to start or continue their dance learning and to continue enjoying the discipline of dance. The adult classes are excellent for fitness and to support performers with their stage readiness and offer a fun, relaxed environment challenge yourself both mentally and physically.

We have classes in Ballet, Contemporary, Tap and Pop Icon – which encompasses a fusion of jazz, contemporary and hip hop vibes to bring a high energy class designed to make you sweat. The Pop Icon class will run in 5 week blocks with every 5 weeks a new dance will be taught, by the end of the 5 weeks you will be able to complete a 3 minute dance full of varied choreography that you can take and show off your new moves at your next function!

allegro DANCE ACADEMY

JOY | PASSION | INNOVATION | EMPOWERED | RESPECT | HEALTH

JANUARY 2025

