

PROGRESSDNA SUMMER CAMP

EVERYTHING YOU NEED TO KNOW TO GET
YOUR LITTLE ARTIST ENROLLED AND READY!



GOT MORE QUESTIONS?
EMAIL INFO@PROGRESSDNA.COM.AU
CALL 0452 289 211

PROGRESSDNA SUMMER CAMP

WHAT IS PROGRESSDNA?

Progress DNA is a new age, inclusive dance and arts school that prides itself on creating a welcoming, safe and encouraging space for young artists to develop their talents in the arts, alongside their life skills and confidence. We're located in North Sydney, right in the heart of the education district, with state of the art facilities and studios with lots of natural light to create a safe and fun environment for staff and students alike.

WHAT IS THE SUMMER CAMP?

Summer Camp is an opportunity for any young artist aged 3-18 to come and train with us during the Summer break. Spend time training, making new friends, playing games and trying new styles!

Preschool caters towards Tiny Artists (2-5 years), who have the option to do a half day program from 9am-12.30pm. Big Fun in a Little timeframe for our Tiny Artists!

Primary 1 & 2 caters towards Little Artists in Kindergarten (in 2022) to Year 6. The primary program will be split as necessary by age, experience or interest. This program runs from 9am-3pm.

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WHAT STYLES WILL MY ARTIST BE TRAINING IN?

We've developed a program that allows all of our students to train in multiple styles throughout the program, as we believe in the importance of a holistic approach to training. This encourages dancers to try something new, become more versatile and maybe even come across a new style that they can fall in love with!

All styles taught at the Summer Camp will be offered at ProgressDNA in 2022.

Each morning will begin with an SST-Style **Warm Up Session** for all age groups to promote safe dancing and get our Artists ready to move. SST (Stretch, Strength, Technique) offers a strong base for dancers across the Performing Arts and Dance genres. These sessions will help your artist in training safely and beautifully perform dance moves and tricks.

Jazz classes provide an upbeat and fun class to develop body control, technique, performance skills and confidence. Jazz covers a wide range of styles, from Broadway to commercial with an opportunity for all artists to become versatile and find the styles that fit them best!

Ballet is a technical dance style that encourages control and alignment in all artists. We offer ballet classes following RAD (Royal Academy of Dance) Technique, which aligns with our current exam style so that dancers can develop a consistent technical base.

Lyrical class is where technique, creativity and artistry collide, and where Artists in Training get to develop their performance skills and musicality. Dancers get to show off their technique with soft movements and express themselves as they choose.

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Theatre provides artists with the opportunity to hone their triple threat skills. Theatre dance combines a variety of styles from jazz, ballet, contemporary and hip-hop techniques in conjunction with singing and acting skills to tell a story through performance.

We know singing and acting can be daunting if your Artist in Training hasn't done Theatre before! We've all been there. We'll be starting every week and Theatre lesson with games and introductions to the style so that everyone has the opportunity to develop confidence and come out of their shells before diving right in!

Hip Hop refers to street dance styles primarily performed to Hip-Hop music or developed from Hip-Hop culture. It includes a wide range of styles which were primarily created in the 1970, 80s and 90s with a focus on developing students' strength, control and kinesthetic awareness over a range of movements, grooves and isolations through exercises and choreography.

Drama sessions allow our artists to build confidence and engage in imaginative play. We use drama, theatre and improvisation games and exercises to allow students to learn creativity and expression

Games because what's more fun than games!?! Our artists participate in games that encourage artistry, creativity, coordination and muscle control. This means our games sessions double as both time for fun, and time for development!

Arts and Crafts sessions run daily for our artists at summer. It's important to us that our artists can express themselves in all kinds of art forms. We're also aware that a FULLLLL day of dancing is a lot for anyone. Our crafts sessions keep our creative minds moving while we give our bodies a little rest! They also promote team building and communication skills.

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WHAT TO BRING!

All Artists must bring the following to our Summer camp:

- A water bottle
- Snacks AND lunch
- **Dance-appropriate clothing -**

If possible, we'd love to see everyone in dance wear, though we understand that for some first-time dancers and families this isn't possible - you don't need to buy dance wear for the week if you don't want to!

If you don't already have class wear, we just ask for the following

- no non-dance skirts
 - no dresses
 - no denim
 - something comfortable and stretchy
 - try to avoid zippers and buttons (they aren't fun to land and roll on!)
- Dance shoes (if applicable) and sneakers - *socks or bare feet work just fine! If you have just one style of dance shoe (e.g. only jazz, only ballet) bring them along!*
 - Hair tied off of face
 - No jewellery or watches
 - Any medicine, inhalers or epipens student requires (please notify staff of this before your camp and bring medicine to us in the morning!)

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HOW TO ENROL?

ProgressDNA uses ClassManager, an online system that is custom built to keep you in control and help us manage your enrolments and schedule.

If you have class questions email info@progressdna.com.au

If you need help with anything payment related email accounts@progressdna.com.au

Find our website at <https://app.classmanager.com/portal/progressdna/login> OR head to our website at www.progressdna.com.au, click "SUMMER!" and click the "JOIN THE SUMMER FUN AT PROGRESSDNA" button.

To enrol in the Summer Camps

1. Click "register"
2. Fill out your details
3. Enter of the details of your student/s

The screenshot shows the 'ProgressDNA Registration' form. It is divided into several sections: 'Basic Information (of bill payer)' with fields for first name, surname, email, password, and number of students; 'Student 1' details including first name, surname, date of birth (day, month, year), and gender; 'Address (of bill payer)' with fields for address line 1, address line 2, town, and county/state; and 'Medical/Injury Details'. There are also buttons for '+ Add Contact' and 'x Delete'.

4. Click "Register" and you should be directed to your dashboard

5. Click "enrol now"

The screenshot shows the 'ProgressDNA Dashboard'. At the top, there is a navigation menu with 'Dashboard', 'Students', 'Classes', 'Lesson Trials', 'Billing', and 'Profile'. A notification banner at the top right says 'Successfully registered' and 'Enrol Now'. Below this, the main heading is 'Enrolments - available now'. A text block below the heading says 'Enrolments are now available via our online portal. You can check the available enrolments by clicking on the "Enrol Now" button.' A red circle highlights the 'Enrol Now' button. Below the enrolment section, there are two columns: 'Upcoming Classes' and 'Noticeboard'.

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HOW TO ENROL?

6. Select the student you wish to enrol

7. Pick your camps and check the box that says "Add to enrolment list"! You can do as many days as you choose! Do just 1 day or all 3!
8. Click "Confirm"

9. Either add another student or click the green enrol button!

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PRICING!

For Preschool:

For a single Day: \$30

December camp (3 days): \$80

For Primary:

For a single day: \$70

December camp (3 days): \$200

You can enrol your Artist in Training in any number of days or weeks!

We are registered providers of both Active and Creative Kids Vouchers.

For summer program 2021 we can accept 2021 Creative Kids Vouchers only!

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