



Information Package 2019

1 - About Us

Caring and nurturing Cronulla's next generation of dancing stars, Ascendance Academy first opened its doors in 2009 and is now the leading dance academy in Cronulla.

At Ascendance Academy

- Our professional staff are nurturing and fully qualified so that your child learns proven methods of dance in a safe and creative environment for both the committed and recreational dancers.
- We offer a convenient timetable so that your child can complete his or her classes back to back in one night.
- We provide great customer service so that you can be organised and informed.
- We provide examination opportunities so that your child learns a progressive format building self-esteem and reaching a goal acknowledging their achievement.
- We offer reasonable and comparable prices so that you are able to provide experiences that will last a lifetime.
- Our academy offers performance opportunities at festivals and charity events so that your child can give back to their local community.
- We offer a diverse range of dance styles so that your child's experience of dance is limitless.
- Private tuition is offered to the competitive dancer so that they can take their dancing to the next level.

QUICK REFERENCE STUDIO INFORMATION

Locations:

2- 4 Gosport Street Cronulla 2230

59 Jacaranda Road Caringbah South 2229

Mobile Number: 0432 997 949

**Email: natasha@ascendanceacademy.com.au or
accounts@ascendanceacademy.com.au**

Website: www.ascendanceacademy.com.au

Principal: Natasha Brown

2 - Why Choose Dance?

If you have kids, you may be wondering what is the best way to channel their seemingly boundless energy. While traditional team sports are a good way to get your kids physically active, they may not be right for children. Dance classes are a great alternative to team sports, and most studios offer lessons for children as young as two or three. Participating in dance classes are beneficial for kids of all ages.

1. **Great way to exercise and stay fit** - Flexibility, stamina and strength are just a few of the benefits kids can take away from dancing. Dance can effectively promote good health.
2. **Greater Coordination** - Great for improving control over your body, timing and coordination skills. You will learn how to move with grace and poise.
3. **Build confidence and Self-Esteem** - Dance builds confidence by giving you a sense of success and achievement when you master it. As children adjust to the movements and postures required in dance, they begin to get a better sense of their bodies. **As they become more comfortable in their own skin, their confidence and self-esteem also improve**
4. **Great way to meet new people** - Dancing provides a natural icebreaker and is a great way to meet new people and make new friends. In addition to being a physical activity, dancing is also a highly social activity. **Dance lessons can help children improve their social and communication skills, learn how to work as part of a team, develop a greater sense of trust and cooperation and make new friends.** If your child is shy, enrolling them in dance can encourage them to reach out to other children their age and help to reduce their anxiety about new people or places. Dance can also help to alleviate fears related to performing in front of an audience. This can be particularly helpful as children develop their sense of individuality as they approach their tween years and into their early teen years, and serves as a foundation to the development of more advanced social skill.
5. **Emotional Development** - Children who dance can better understand and express their emotions through their bodies, and can have a greater awareness of the self and others through creative movement. While performance can be challenging, it also offers an opportunity to share experiences and achievements with family and friends, and can be a source of pride. While dance provides a physical release, which can help with stress, anxiety, low mood and anger, it also provides opportunities for the development of emotional maturity and self-expression, a shortcut to clearing the mind, feeling positive, and letting go of strong or painful emotions. **It can become a space in which children (especially teenagers) can break from other pressures and changes and focus on the moment,** which can be meditative, and a way to affirm their own inner life and realities.

6. **Posture, Poise and Confidence** - We all know how important posture and body language are when making a first impression. Whether it's a job interview, a first date or simply just meeting someone for the first time, most of us have learned that standing tall, being open and wearing a smile are simple but effective ways of communicating confidence. In dancing, these same things apply and are in fact, the foundation for good dancing and performance. **People who learn dance early in life are much more likely to acquire body awareness that leads to good posture and positive body language.**

7. **Educational Benefits** - Becoming a skilled dancer requires practice, discipline and focus, skills that can be useful in other areas of your child's life. **Dance lessons can help to spark creativity, problem solving, making judgements in the absence of rules, higher order thinking skills teaching them that there are multiple solutions to any problem and help them to develop an appreciation for the arts.** Students who regularly participate in dance lessons typically tend to perform better academically than their nonparticipating peers.

8. **The Ability to Dance** - While this one may seem self-evident, it's worth pointing out that knowing how to **dance is a valuable skill**, especially once they start going to proms, school dances, etc. There are probably more than a few of us who remember slightly painful experiences of being asked to dance and not knowing how. How differently would you remember that experience if you had known how to dance? Knowing how to dance is a gift a kid will take with them throughout their life.

There you have it. There are, of course, many more benefits of dancing, but we have to stop somewhere.

3 - Studio Manifesto

ASCENDANCE ACADEMY is a place where children of all ages shapes and sizes learn to do dance and acrobatics. This is a studio where creativity, individuality and self-expression is encouraged and has a community of teachers, students and families who are passionate about performing arts. Our goal is to create a positive and happy experience for all of our students. We strive to nurture and develop talent, celebrate the achievements of all students and inspire a love and appreciation of all styles of dance and the arts. We are committed to providing a safe and positive environment in which all students can feel empowered, comfortable and free to express themselves.

Vision

To care and nurture our next generation by:

- promoting happy and healthy lifestyles
- sharing the love of dance
- fostering diversity, uniqueness and creativity in children
- encouraging children to express themselves and contribute in a positive, supportive environment

Values

- Be the best **quality** version of yourself
- Share a **passion** for dance and all things creative
- **Inspire** positivity, energy and fun!
- **Encourage** creativity, self expression and diversity in an accepting and supportive learning environment
- **Share** enthusiasm and positivity with students, staff, families and the community in a warm and friendly manner.

4 - Registration

Before lacing up those jazz shoes, it's important that all students and/or parents – whether returning or new - fill out and sign your registration paperwork so we can ensure we have the most up-to-date contact details for you. This information includes your registration form, media release form (so we can show off photos and videos of our amazing dancers in and around the studios), and public liability / Insurance contract.

You can register:

- a) in person at our registration day on **Saturday 19th January 2019. 9am to 11am Cronulla & 12noon to 3pm Caringbah**
- b) online any time from **Saturday 22nd December 2018** by following the link <https://www.trybooking.com/ZZLL>

Our annual registration fee is **\$38.50 inc GST per student** and must be paid in full while registering. Make sure you get your payment in via **EFTPOS, Credit Card or Cash** as failure to pay your registration fee in time may result in losing your place in the class.

We encourage all new students to consider a variety of dance styles and we are more than happy to accommodate 1 trial class of your choice. Please contact us if you would like to try a new class and we will happily schedule and fit you in for a trial (provided the class has not reached capacity).

**** REMINDER **** Don't forget - if you refer a friend or family member that is new to our studio you will receive a \$20.00 discount off your term fees when they enrol and pay for 10 weeks of classes! So don't miss this chance to bring your friends.

5 - Classes

Acrobatics- Acrobatic classes are fun and exciting, teaching skills such as handstands, chin stands, cartwheels, back bends, walkovers, balance and contortion tricks, flipping and back handsprings.

Ballet- Ballet is the basis of all dance.

Ballet classes are based on the syllabus set the by Australasian Dance Association (ADA), a world-wide organisation and the largest examining and teacher education for classical ballet in the world. Our syllabus engages the children through creative exercises that are designed to build a beautiful, graceful, and healthy body with fine posture, poise and strong technique. Students participate in a class performance award in term 3.

Contemporary- Contemporary class encourages self expression, natural movement and personal interpretation. Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.

Hip Hop- Hip hop teaches popping, locking and breaking as well as the latest and coolest freestyle moves. A stylised combination of street funk, hip hop and pop similar to styles seen in music video clips which in addition to being lots of fun, these classes are disciplined, progressive and well structured. It focuses on lots of fun and confidence building.

Jazz- Jazz classes are based on the syllabus set the by Australasian Dance Association (ADA), a world-wide organisation and the largest examining and teacher education for jazz in the world. Our syllabus enhances flexibility, movement, and fitness levels. Dancing to all your favourite songs you hear on the radio, this form of dance is a great work out for all ages and levels of ability. Students participate in a class performance award in term 3.

Tap - Tap classes are based on the syllabus set the by Australasian Dance Association (ADA), a world-wide organisation and the largest examining and teacher education for tap in the world. Our syllabus develops a sense of rhythm, timing, co-ordination and style. Students participate in a class performance award in term 3.

Tiny Stars- is the perfect introduction to the world of dance and acrobatics. A fun, colourful class for our smallest dancers. A place they can grow, learn, have fun and make friends.

Performance Troupes - Performance Troupe is available to students who enrol in 1 ballet class and 1 other dance styles of their choice. Student's must be 10 years old or younger on January 1st 2019.

Performance Troupe:

- perform at competitions, showcases, concerts and local community events.
- performances are scheduled at the beginning of 2019.
- members are required to purchase a costume for your troupe.

You do not want your child to miss out on this great opportunity to make life long memories and friendships!

Solo's & Duo's - are available to students who enrol in 1 ballet class and the dance style they wish to perform on stage e.g. to do a contemporary solo your child needs to do 1 ballet class and 1 contemporary class a week.

Soloist's & Duo's:

- are required to compete in a minimum of 4 eisteddfod's a year.
- are required to cover costume fees, program fees, eisteddfod entry fees.
- are required to volunteer their time to perform at local community events as we believe giving back to the community is important.

If you wish to discuss performance troupe and solo/duo classes please contact Natasha.

6 - Timetable

Timetabling our classes is a huge task and we take all care to ensure that children are given classes at an age-appropriate time without long hours that may lead to fatigue or disrupt home / school life. Please find below our timetable for **2019** and please contact us if you have any questions at all.

At Ascendance Academy:

Our **contemporary, hip hop & acrobatic** classes are based on the school grade in 2019. Students may do younger age group classes but they may not dance in the age group above their school year.

Please use these colour codes to find the right recreational classes for your child's year group.

Tiny Stars	Preschoolers (2.5 and 5 years old)
Junior	Kindergarten to Year 2
Intermediate	Year 3 to Year 6
Senior	Year 7 and above

Our **ballet, jazz & tap** classes are based on the child's age. Students may do younger age group classes but they may not dance in the age group above their school year.

Pre Primary	Minimum age 5
Primary	Minimum age 6
Grade 1	Minimum age 7
Grade 2	Minimum age 8
Grade 3	Minimum age 9
Grade 4	Minimum age 10
Grade 5	Minimum age 11
Bronze Star	Minimum age 12
Silver Star	Minimum age 13
Gold Star	Minimum age 14
Bar To Gold Star	Minimum age 15

Our **Performance Troupe** classes are based on the child's age. Student's must be 10 years old or younger on January 1st 2019. Performance troupe is available to students who enrol in 1 ballet class and 1 other dane style of their choice.

2-4 Gosport Street Cronulla STUDIO 1 Upstairs

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
*** 9:30am-10:30am Tiny Stars	9:30am-10:30am Tiny Stars	Private Lesson	5pm-5:45pm Intermediate Contemporary		9:00am-10:00am Tiny Stars
Private Lesson	4:30pm-5pm Junior Contemporary	5pm-5:45pm Senior Contemporary	5:45pm-6:30pm Intermediate Hip Hop		
4:30pm-5:30pm Performance Troupe	5pm-5:30pm Junior Hip Hop	5:45pm-6:30pm Senior Hip Hop	6:30pm-7:30pm Intermediate Acro		
Private Lesson	5:30pm-6:15pm Junior Acro	6:30pm-7:30pm Senior Acro			
Private Lesson					

2-4 Gosport Street Cronulla STUDIO 2 Downstairs

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
4:30pm-5:30pm Pre Primary Ballet/Jazz/Tap	4:30pm-5:15pm Grade2/3 Ballet	4:15pm-5pm Primary/Grade1 Ballet	5pm-5:45pm Grade 4/5 Ballet		
	5:15pm-6pm Grade 2/3 Jazz	5pm-5:45pm Primary/Grade1 Jazz	5:45pm-6:30pm Grade 4/5 Jazz		
	6pm-6:45pm Grade 2/3 Tap	5:45pm-6:30pm Primary/Grade1 Tap	6:30pm-7:15pm Grade 4/5 Tap		

59 Jacaranda Road Caringbah STUDIO 1 Upstairs

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
		6:30pm-7:30pm Intermediate Acro			9:30am-10:30am Tiny Stars

Please note this timetable is subject to change depending on enrolment numbers
Above timetable dated 5th May 2019

*** Currently not running due to low enrolments however still taking expressions of interest

7 - Uniform

At **ASCENDANCE ACADEMY**, we believe that wearing studio uniforms give students a sense of belonging to our family as well as creating an identity for our studio in the greater community.

Our uniforms also:

- Encourage discipline
- Help students resist peer pressure to buy stylish clothes for class
- Help identify non-students in the studio
- Diminish economic and social barriers between students
- Increase a sense of belonging and school pride
- Improve attendance

Uniforms can be purchased year-round from the studio or during online registration.

8 - Fee Structure

Please find below the fee structure for **2019**. Feel free to contact our office staff if you have any fee-related queries.

Item	Price Per week	Price Per Term (10weeks)
30 Minute Classes	\$8.80 inc gst	\$88.00 inc gst
45 Minute Classes	\$13.20 inc gst	\$132.00 inc gst
1 Hour Class	\$16.50 inc gst	\$165.00 inc gst
Private Lesson	\$35.00 inc gst	\$350.00 inc gst
Costume Hire Fee	\$25.00 inc gst	Per costume, per dance style
Concert Package	\$110.00 inc gst	1 off payment includes DVD, T-Shirt Dress & Tech Rehearsal
Registration	\$38.50 inc gst	1 off payment includes Insurance, Administration & Music License Fees

We are also an approved Creative & Active Kids Provider so you can redeem your vouchers with us in 2019!



9 - Our Teachers / Faculty

Finally, it's our pleasure to introduce our hand-picked faculty for 2019! Our enthusiastic, passionate and dedicated teachers are thrilled to be a part of your family's dance journey this year. We are truly looking forward to growing together to mould this generation of skilled, confident, genuine and unique performers.



Natasha Brown



Cassie Woodward



Caitlin Lee