

Concept Studios  
OF PERFORMING ARTS

# 2026 RECREATIONAL PERFORMERS PROSPECTUS

*Professional Training with fun, friends and fitness!*





# About the Program

The Recreational Performers Program at Concept Studios of Performing Arts is designed for students aged 9 years and over who want to enjoy high-quality dance training in a supportive and welcoming environment.

Offering classes in Jazz, Hip Hop, Musical Theatre and Acrobatics/Contemporary, this program focuses on developing strong technique, confidence and performance skills while maintaining a relaxed, pressure-free atmosphere.

Students are encouraged to build friendships, stay active and express themselves creatively, making it the perfect balance of professional training, fitness and fun.





# Timetable

## MONDAY

*We understand that families are busy with lots of after school commitments, therefore we aim to have all classes in the one evening block to allow for convenience!*

4:30 - 5:15PM - Musical Theatre (Fredrick St Studio)

5:15 - 6:00PM - Jazz (Fredrick St Studio)

6:00 - 6:45PM - Acrobatics/Contemporary (Fredrick St Studio)

6:45 - 7:15PM - Hip Hop (Fredrick St Studio)

7:15 - 8:00PM - Tap (Fredrick St Studio)





# Class Styles

## **Jazz**

- Develop strong technical foundations including turns, jumps and flexibility
- Learn age-appropriate choreography focusing on performance quality and style
- Build confidence, coordination and musicality in a fun and energetic environment

## **Musical Theatre**

- Learn to combine singing, acting and dancing to tell a story
- Explore character development and stage presence
- Perform routines inspired by popular Broadway and West End shows

## **Hip Hop**

- Learn current street-style choreography and freestyle skills
- Improve rhythm, musicality and performance confidence
- Build strength, coordination and personal style

## **Acrobatics / Contemporary**

- Develop acrobatic skills such as balances, flexibility and tumbling
- Explore contemporary movement, floor work and expressive choreography
- Build core strength, control and body awareness

## **Tap**

- Learn fundamental tap steps and rhythm patterns
- Develop timing, coordination and musicality
- Create exciting routines that focus on sound, style and performance





# Female Uniform



STYLE	CLOTHING	SHOES/TIGHTS	HAIR/GROOMING
<b>BALLET EXAM CLASSES</b>	Black "ANNABELLE" Leotard & Ballet Skirt (Energetiks brand) For colder months, students are able to wear a matching black cross over.	Leather, split sole ballet shoes. Theatrical pink ballet tights.	Hair must be pulled off face in a neat bun.
<b>17 &amp; U OPEN BALLET</b>	Any leotard/ballet skirt combination	Leather, split sole ballet shoes. Theatrical pink ballet tights.	Hair must be pulled off face in a neat bun.
<b>TROUPES &amp; JAZZ TECHNIQUE</b>	Any Black/CSPA fitted dance attire. E.g. Black Leotard, Black CSPA shorts, Black CSPA crop, Black CSPA singlet etc.  Preferred uniform is CSPA Black Crop Top & Black shorts. NO T-SHIRTS, BAGGY CLOTHES ETC.	Tan split sole jazz shoes (no laces) Tan tap shoes (buckle) Half soles *Shoes are relative to troupes students are enrolled in, if you are unsure please contact admin.	Hair must be pulled off face in a neat bun.
<b>HIP HOP</b>	Black fitted dance attire. E.g. Black Leotard, Black CSPA shorts, Black CSPA crop, Black CSPA singlet etc. As Hip Hop is more relaxed, students may want to wear baggy shorts/pants.	Any sneakers are able to be worn in class however at performance time, we require students to wear predominantly white sneakers.	Hair must be neatly pulled off face in ponytail/bun.
<b>ACROBATICS</b>	Black fitted dance attire. E.g. Black Leotard, Black CSPA shorts, Black CSPA crop, Black CSPA singlet etc.	Convertible tights. Bare feet.	Hair must be pulled off face in a neat bun.

Please note that for Competitions/ End of Year Showcase, students may require different tights/shoes to match their costumes/shoes for respective routines. If a student does two classes in one evening i.e. Jazz and Ballet, they are able to wear the same pair of tights for both classes. We do not expect them to change in between.



# Ready to take the leap?

To join one our Recreational Performers Program, please email [info@conceptstudios.com.au](mailto:info@conceptstudios.com.au) to organise a trial lesson and to discuss any questions you may have after reading through this prospectus.

We can't wait to welcome you to our CSPA Family in 2026!

**To contact us:**

Email: [info@conceptstudios.com.au](mailto:info@conceptstudios.com.au)

Phone: 0431 345 730

Website: [www.conceptstudios.com.au](http://www.conceptstudios.com.au)

For a deeper insight into our studio, follow us on social media:

Instagram: [@conceptstudiospa](https://www.instagram.com/conceptstudiospa)

Facebook: [Concept Studios of Performing Arts](https://www.facebook.com/ConceptStudiosofPerformingArts)