



JOIN THE MOVEMENT 2018



MOVE. INSPIRE. ACHIEVE.

It's my great pleasure to welcome you to our Movement family!

Movement Studios is a fun, fresh, hip and happening place to immerse yourself in the world of movement, performance and creating live art. Our studio prides itself on our core values, we encourage each student to explore what Movement has to offer, push their perceived boundaries, develop their anatomical knowledge, understand how their bodies move and what it is to be part of a team.

Taking over Movement Studios I wanted to keep in place the core idea of having a place where students could focus on the art form of dance, performance, developing their bodies and choreography. Most traditional dance school models don't really allow for this. The focus is on competition and winning along side technique development. Dance is art in motion.

Unfortunately, this has been lost in translation over the years, and parents have been misled to believe that if your child doesn't dance at a competitive based school then they are wasting their time and money. Our studio is living proof that theory is completely out dated.

In a day and age, where everything is obtained quickly and information is at your fingertips, we like to teach our students that the road is not always easy, working towards your goals and being committed is what counts. We like to encourage our students to be self-starters, take critique on as a valuable tool, mistakes are our friends to better ourselves with, except that everyone has something valuable to offer and always remember your part of a TEAM.

These are tools I know will serve students well into their adult life and create great foundations for anybody. We have proven this theory as previous students keep coming back to help and tell us of their successes and failures, they understand that you need to experience one to know what the other is and all are apart of the process. That's the part of my job I love the most, and I'm so blessed to be able to help shape young peoples lives.

Thank you for the privilege of working with your family for 2018. The team and myself look forward to seeing all that a years worth of work will bring!

Best wishes for 2018,

Imogen and The Movement Team x

MOVEMENT STUDIOS FOCUS

- **Anatomical awareness** - your body and how it moves organically, rather than just EXPECTING or FORCING it and wonders why it's not!! And how to achieve it if it's not, we only have one body we need to treat it with care and respect.
- **Benefits of exercise for the body** – How your systems work and exercising them correctly
- **Correct nutrition advice** – without the correct fuels our machine (our body) doesn't function correctly, therefore how can we achieve our best?
- **New, current and varied dance styles** – Variety is important to a dancer, this helps us grow and become better performers and artists it eliminates boredom and opens doors to different directions.
- **Creative Arts** – Integration into performances.
- **Production** - Each year we end with a professional production at Port Macquarie Glass House Theater. Myself and a professional crew from Melbourne come and work on our show every year. Skills in staging, rehearsal, organization, personal responsibility, performance lighting and stagecraft are developed through this event.
- **Choreography** – Students are invited to be involved in the choreographic process and help develop their skills. We also have a few small projects geared towards choreographic works process.

- **Performance** - Every performance opportunity we have to take advantage of we do. We are involved in local fetes, food and wine festivals and other community and interstate events.
 - **Workshops** – Opportunities exist for students to participate in workshops both within the studio, and all over Australia! These events expand our student's skills, expose them to different styles of dance, and help them gain industry contacts for the future. Our studio has strong affiliations with a diverse range of professionals, both here and overseas within the industry.
 - **Educational Pathways** – Many pathways exist for any student wanting to pursue a career in their desired performing arts industry. From exams, teacher training and nationally accredited certifications. Please talk to our staff if this is something you would like to know more about.
-

MOVEMENT'S CORE VALUES

Movement conducts all classes with our CORE VALUES implemented at all times. Teachers are always working to toward achieving these goals for your child, VALUES we feel will serve them well into their adult life.

1. Welcomed – All students feel welcome and safe.

2. Fun – Provide a fun and exciting, dynamic learning environment.

3. Advancing technique – Provide students with many platforms to advance their skills through developing exceptional technique.

4. Inspire – Expose students to all forms of dance creative arts to Inspire and motivate them towards their goals.

5. Goal setting – Teach and implement the valuable tool of goal setting to enhance students life skills.

MOVE. INSPIRE. ACHIEVE.

CORE PROGRAMS

All our classes are sorted by the year attended at school.

Pre school

K-5

YR 6/7- Intermediates

YR 8 and up - Pre senior

Advance classes – Opens

While we endeavour to have students of the same year group together, sometimes it may be necessary to move students around depending on their abilities

If your child is considering a career in dance please see our staff for a private meeting to discuss the best options in relation to class choices and requirements

TINY TOTS (PRE-SCHOOL)

An introductory class to dance and movement. We work on fitness, fine motor and cognitive skills such as; hand-eye co-ordination, ability to follow direction, rolling, controlling arms and legs, hops, skips and jumps, ability to process thoughts & apply them in specific settings. Most of all we have a lot of fun!

Dance Attire- Comfortable clothing, no footwear



HIP HOP

Hip Hop is all about funk and energy. Our hip hop classes have students feeling strong, energized, inspired & always wanting MORE! Strength, musicality, self-esteem, & confidence are just of the few positive achievements our students experience on their journey through music, urban forms of dance & self-discovery.

- Petite (K/1)

Students will develop key Jazz/dance fundamentals, body development, performance skills and tastes of Urban Dance.

- Junior (2-5)

Expansion of key elements of dance, performance, body development through a variety of urban dance and body conditioning.

- Intermediate(6-8)

Expansion of key elements of dance, performance, body development through a variety of urban dance, high level body conditioning and performance skills.

- Opens (advanced)

Advanced development of technique and stylization of all urban styles of dance. High-level body conditioning and Performance skills.



CONTEMPORARY

Explore, Engage, and immerse yourself. Find yourself pushing beyond any limitations you thought you had. Turn, jump, leap and strengthen your body, learn to manoeuvre your body and mind through space and concepts. Develop and learn to finely tune your body to accomplish and express ideas, messages, thoughts and feelings through the medium of contemporary dance.

- Junior (2-5)

Students will develop core strength, muscle development, awareness of body, space, timing and emotional connection and expression. Discovery of performance skills and staging. Our strong technique base is created through Pilates, body conditioning, and elements of ballet and modern dance techniques.

- Intermediate(6-8)

Expansion of key contemporary concepts and body awareness. Further development of body conditioning and strengthening. Introduction of complex emotional connection, expression delivery methods and choreographic skills. Development of performance and staging skills. Our strong technique base is created through Pilates, body conditioning, and elements of ballet and modern dance techniques.

- Opens (advanced)

Advance contemporary concepts, techniques, body condition and choreography. Advance delivery of complex emotional and expression delivery. Refinement of performance and staging skills. Exploration of interpretation of contemporary works, themes and messages. Advanced partnering skills and body maintenance. Our strong technique base is created through Pilates, body conditioning, elements of ballet and modern dance techniques.



BOYS CLASSES

We have specialized programs for our boys. All boys are free to join any class however the Boys Beats and Boys Tech Classes are boys only!

Jump.. Move.. Roll.. Let out that energy!

Boys classes are a boys only zone! Classes are Full ON and full of everything from breaking techniques and hip-hop to push ups, sits ups and much much more. Watch your son grow with confidence, increase self-esteem, develop friendships and performance skills. Classes are designed for boys growing bodies, brains and that endless supply of energy !!

Junior Boys – YR K - 2

Inter Boys – YR 3 - 6

Boys Crew – YR 7+

COMPLIMENTARY CORE PROGRAMS

Acrobatics

This is a class designed for dancers to implement acrobatic tricks into dance. It teaches flexibility, balance, strength, muscle control, discipline & concentration. Acro is not the typical tumbling or gymnastics class. This class is great for students looking to enhance their agility, flexibility & strength.

Ballet Technique

Introducing ballet technique without the stress of exams. Students work towards performing ballet routines and learning barre, centre and corner work without the strict structure of a syllabus.

Petite Ballet YR K – 2

Junior Ballet YR 3 – 5

Intermediate Ballet YR 6/7

Open Ballet YR 8+

CABARET

Introducing traditional chorus heel dance. This style varies from traditional cabaret to commercial heels classes.

YR 8+

SUPPLEMENTARY TECHNIQUES

All our supplementary techniques on offer are classes that allow students to focus only on there technique and do not perform. These classes greatly enhance students abilities and become a vital ingredient in a dancers training and progression.

CLASSES

ADVANCED TECH – Advanced tech is a new selective class for students needing more of a push from general class work. This class is fast moving and intense. Setting a professional learning environment. Expressions of interest are available but students will be selected into this class by Imogen.

KTL – Kicks, Turns, Leaps

STRETCH AND STRENGTH – Cardio and strengthening class

PRIVATE LESSONS – For one on one tuition in all areas of dance and body. As well as learning a solo.

DANCE WEAR REQUIREMENTS

All students are required to be in appropriate dance wear. NO Denim shorts or jeans to be worn. **No skirts** without tights or bike pants underneath, it is in appropriate for underwear to be shown.

HIP HOP

Any dancewear is appropriate for Urban, however we encourage free flowing clothes that do not interfere with movement. Hair needs to be pulled back off face. Urban Footwear

K/1 - Black split sole Jazz Shoes

YR 2+ (boys) Black High Tops

CONTEMPORARY

No restrictive clothing, this is a free flowing form of dance. No excessive baggy clothing as teachers cannot see your body to correct it. Crops, tights, bike pants, leotards and fitted tops would all be appropriate wear. Hair needs to be pulled back off face.

Contemporary Footwear Bare feet or foot undies

ACRO

Safety is of the highest importance in Acro so leotard and bike pants or long tights are the **only** clothing appropriate for Acro class.

BALLET

Leotard, ballet stockings, ballet skirt, ballet shoes hair in a ballet bun every lesson no exceptions.

KTL/S&S/PERFORMANCE/PRIVATE

Any appropriate dances wear. Performance/Private – shoes that are applicable to style of dance. KTL – Split sole Jazz shoes S&S – Bare feet

FEES, LEVIES AND PAYMENT STRUCTURES

Fees (All incl GST)

Dance

30 min – \$11.00

45 min – \$12.00

50 min – \$13.00

60 min – \$14.00

Private 30 min - \$30

Other Fees & Levy's

Enrolment fee – single - \$50 **Enrolment fee** – family of 3 - \$75 (\$25 each child after that) **Costume Levy** - \$80 per dance Most performers dance the whole year. We work on 2 routines (1 per semester) that would attract 2-costume levies for each style of dance for the year. If more than 1 class is taken then this would increase costume levies. Not all styles perform in our end of year production so therefore all will not attract a levy. We do not require any sewing and all the costumes are yours to keep after our production.

Fees Payments

All fees are payable by our ezi debit system. You may choose to pay by instalments or in full, which attracts a 10% early bird discount. Discounts do not apply to enrolment and costume fees. **Costume Payments** Each student is charged \$20 per term per dance item requiring a costume for all 4 terms. Early bird customers will be debited with termly payment. Instalment customers will pay over the term as part of your weekly/f night payment.