

IT'S TIME TO GET
MOVING



**READY
SET
DANCE**

**READY
SET
Ballet**

**READY
SET
MOVE
with me**

**READY
SET
ACTO**



**INFORMATION PACK
2024**



OUR PROGRAMS



CLICK TO WATCH

READY SET DANCE is a one hour combo class of JAZZ, TAP, HIP HOP, SINGING and MUSIC. Designed for both boys and girls **2- 5 years old**, the program focuses on teaching the fundamentals of dance while developing confidence, coordination and creativity in a professional and safe environment.

JAZZ - Develop muscle strength, control and balance and achieve coordination milestones like skipping before going to school.

HIP HOP - Bust out some ice cold moves just like FREEZE to our original hip hop tracks.

MUSIC - Develop the musical ear, dynamics and tempo while having fun with instruments and the parachute.

SINGING - Sing like TWIRL and build confidence singing on the microphone.

TAP - Learn the fundamentals of tap in a playful and creative way splashing in puddles and shuffling like a penguin.

All these ingredients together create a super hour of fun!



CLICK TO WATCH

READY SET BALLET is 30 minute magical ballet experience for **2- 5 year olds** where they learn the fundamentals of classical ballet.

MUSIC - Engage in specifically designed music that captures the beauty of classical ballet

CURRICULUM - Develop coordination, body awareness, strength and flexibility both through visual and auditory instruction.

MIME - Explore creativity and gain confidence by going on a picnic with FREEZE and TWIRL, riding the tutu train to storybook lane and so much more.

THEMED DANCES - Learn the beautifully themed dances that have music prompts to support preschooler's playful participation.

PROPS - Have fun twirling with rainbow ribbons, swaying with feathers and popping bubbles. These resources support tactile awareness and strengthen fine motor coordination and control.

**CONFIDENCE,
COORDINATION
AND
CREATIVITY.**



OUR PROGRAMS



[CLICK TO WATCH](#)

READY SET ACRO is a collaborative acrobatic program developed with Industry Leader Acrobatic Arts, specifically designed for preschoolers **3 - 5 years old**. It emphasises safe and effective progressions to foster the physical and social skills needed for healthy early childhood development.

The program is developed with original music with lyric cues and focuses on three key components: Stretch, Strength, and Skills.

STRETCH - Enhance flexibility and expand the range of motion in all major muscle groups.

STRENGTH - Young learners engage in a variety of exercises designed to promote physical strength and control.

SKILLS - Preschoolers develop social literacy and build confidence while exploring a wide range of AcroDance movements.



[CLICK TO WATCH](#)

READY SET MOVE is a creative movement and music class for **toddlers (walking age - 3 years) and their grownup**. Together, carers and dancers travel through the 3 sections of the class - ENGAGE, EXPLORE AND EXPRESS.

ENGAGE - Playful exploration of music, nursery rhymes, lap play and parachute fun.

EXPLORE - Circuit around the room with obstacles like stepping stones, tunnels and sensory activities designed to encourage investigation and build coordination skills.

EXPRESS - Free dance movement which develops creativity with instruments, feathers and bubbles.

Join our community and learn new ways to interact with your toddler. Young children at this age are in the period of highest brain growth and development in their lifespan.

Participating in READY SET MOVE with the support of a grown up can make a significant contribution to play, development and learning. So come and bounce like a bunny, be slow like a sloth and create memories with your special little mover.



ACTION DANCE
ACADEMY

INDIVIDUAL CLASS PRICES



\$20 /CLASS

1 HOUR CLASS
2 - 5 YEAR OLDS



\$16 /CLASS

30 MINUTE CLASS
2 - 5 YEAR OLDS



\$16 /CLASS

30 MINUTE CLASS
3 - 5 YEAR OLDS



\$16 /CLASS

45 MINUTE CLASS
WALKING AGE - 3 YEAR OLDS

PACKAGE & SAVE

FOR INDIVIDUAL STUDENTS ONLY

TWIRL PACKAGE

2 CLASSES PER WEEK

\$28 /WEEK

30 MINUTE CLASS
+
30 OR 45 MINUTE CLASS

BEST VALUE

STAR PACKAGE

3 CLASSES PER WEEK

\$45 /WEEK

1 HOUR CLASS
+
30 MINUTE CLASS
+
30 OR 45 MINUTE CLASS

FREEZE PACKAGE

2 CLASSES PER WEEK

\$32 /WEEK

1 HOUR CLASS
+
30 OR 45 MINUTE CLASS

WWW.ACTIONDANCE.COM.AU



TRIAL CLASSES AND TIMETABLE

Book a FREE trial class **Click here or scan the QR code**

If you would like to come along and trial the program please book into one of our classes and try the program for free.

We are positive that once you experience the magic of the READY SET DANCE & READY SET BALLET programs you will want to be part of the fun every week.



Timetables:

[Click here to view class days and times](#)

Term Dates 2024:

Our term dates run in conjunction with the NSW school calendar.

Term 1: Monday 5th February - Saturday 13th April

Term 2: Monday 29th April - Saturday 6th July

Term 3: Monday 22nd July - Saturday 29th September

Term 4: Saturday 12th October - Friday 6th December



UNIFORM

Uniform:

We do have a uniform for class that we're sure your child will love. However, we do understand that while your little one is trialling and settles in you may take some time to purchase your gear.



RSD DRESS



CROSSOVER



T-SHIRT



MOVE T-SHIRT



TAN TIGHTS



RSD BOW



JAZZ SHOES



TAP SHOES



BALLET SHOES

After your first lesson you can purchase READY SET DANCE , BALLET and MOVE uniforms from reception or our online store at www.actiondance.com.au/online-store





COORDINATION

The carefully sequenced and playful program develops physical **COORDINATION**, the **COORDINATION** of the senses, the coordination of mental processes and language and the **COORDINATION** of social connections.



CONFIDENCE

Regular and sustained participation in **READY SET DANCE** classes helps children to develop their **CONFIDENCE** as they try new things, practice and consolidate existing skills and experience success and mastery.



CREATIVITY

Children are encouraged to use their **IMAGINATIONS**, to think divergently and to explore their own **CREATIVE** responses to the invitations within dance, music and drama.





FAQ'S



Can I watch my child's classes?

In our experience preschoolers are able to concentrate better without the distraction of other noise in the room from parents and other siblings. Our program has been endorsed by leading child care experts who support the independent learning model. As preschoolers participate in classes they have the opportunity to develop additional secure attachments with adults (teachers) and peers. This helps them transition positively into the larger world and helps with school readiness.

Having said that, a lot of children are timid at first and need to know that a parent is close by. Our program allows parents to watch the first class if necessary to help them adjust.

Are your teacher's qualified?

All teachers have their Working with Children Check and follow the program that is endorsed by early learning experts. READY SET DANCE teachers are required to gain their accreditation from READY SET DANCE head office before delivering the program.

Do we need to purchase uniform and shoes?

Students must wear the READY SET DANCE uniform. However, we need to make sure we are the right fit for you and your child before committing to anything. Comfortable clothes and sneakers are fine for the first couple of lessons. Once your child has settled you can purchase the official READY SET DANCE uniform at reception which we are sure you will love.

Can we do a trial class?

Yes we do offer free trials. To sign up for a free trial please fill in the form on our website and one of our staff will be in touch to arrange a day and time.

If we miss a class can it be made up on another day of the week?

You may swap days during Terms 1, 2 and 3 if you miss a class (as long as the make up class is not full). In term 4, each class works on a different routine for the end-of-year concert, and it is too confusing for students to be swapping days. We do recommend that you avoid alternating days too much as preschoolers need the comfort of knowing that the same teacher and their friends will be there when they go to dancing.

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