



**WE ARE AN OFFICIAL  
LOCATION FOR**



**INFORMATION  
PACK 2024**



# OUR PROGRAMS



READY SET DANCE is a one hour combo class of JAZZ, TAP, HIP HOP, SINGING and MUSIC. (Level 1 is 45 mins and does not include tap)

Designed for both boys and girls, 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!



READY SET BALLET is 30 minute magical ballet experience 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.





# OUR PROGRAMS

READY SET ACRO is a collaborative acrobatic program developed with Industry Leader Acrobatic Arts, specifically designed for preschoolers. 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.

Led by FLEXY, the Giraffe, the STRETCH component incorporates age-appropriate exercises to enhance flexibility and mobility, through movements like splits and backbends. The STRENGTH aspect, guided by BRIDGIE, the Elephant, builds physical strength and control through fun and safe exercises that help little dancers perform moves with power. FLIPPY, the Penguin, leads the skills portion, developing a range of acrobatic movements, from basic poses and balances, to more complex hand stands and cartwheels whilst always working at an appropriate level for their skill and experience.

The guided training and structured approach allows instructors to successfully conduct a dynamic and engaging preschool acrobatics class that not only promotes holistic developmental milestones but teaches a range of exciting AcroDance Skills.

## STRETCH, STRENGTH AND SKILLS.





# STUDIO INFORMATION

## OUR MISSION

Vital Movement Studios is a place where people of all ages, shapes and sizes learn to dance and perform. 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.

## OUR FACILITIES

Our two beautiful studios are large 100m<sup>2</sup> rooms, fully equipped with sprung polished timber floors, full length mirrors, wall mounted barres and industrial air-conditioning ensuring our dancers are trained in a safe and inviting environment.



## OUR TEAM

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.



## YOUR INVESTMENT

READY SET BALLET L1 & L2 (30min class) = \$12.20

READY SET ACRO (30min class) = \$12.20

READY SET DANCE L1 (45 min class no tap) = \$14.20

READY SET DANCE L2 (60 min class) = \$15.80

3 CLASS PACK = \$45.00

REGISTRATION FEE (Licences/insurance) = \$30.00 per student  
(Charged annually) or \$50.00 per family

Please Note: All prices are inclusive of GST and classes are invoiced by the Term



VMSTUDIOS.COM.AU

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# TIMETABLE & UNIFORM

## TERM 1 TIMETABLE

You can book a 7-day trial pass by heading to our website - [vmstudios.com.au](http://vmstudios.com.au)

\*Class times, days and teachers are subject to change\*

## TERM DATES

- Term 1: 5th February - 13th April
- Term 2: 29th April - 6th July
- Term 3: 22nd July - 28th September
- Term 4: 14th October - 4th December

## TUESDAY

9.30-10.15am  
READY SET DANCE  
Level 1

4.00-5.00pm  
READY SET DANCE  
Level 2

## THURSDAY

4.00-4.30pm  
READY SET ACRO

## FRIDAY

9.30-10.00am  
READY SET BALLET  
Level 1 & 2

10.00-10.45am  
READY SET DANCE  
Level 1 & 2

## SATURDAY

9.00-10.00am  
READY SET DANCE  
Level 2

10.00-10.45am  
READY SET DANCE  
Level 1

9.30-10.00am  
READY SET BALLET  
Level 1

10.00-10.30am  
READY SET ACRO

10.30-11.00am  
READY SET BALLET  
Level 2



## UNIFORM

All Ready Set Dance, Ready Set Ballet and Ready Set Acro students will be required to wear the official uniform that we are sure you will love! Below are the following options that can be purchased at reception as well as your ballet, jazz and tap shoes. We also offer a jazz and tap shoe hire service (for RSD only) as we understand how quickly their little feet grow..! Ready Set Acro classes do not require any footwear.



TUTU FRILL DRESS



CROSS OVER



UNITARD



JACKET



TIGHTS



BOW



T-SHIRT



SHORTS



SOCKS (optional)





## 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.





# STRETCH

Stretch and flex: Improve flexibility and reach new limits with our fun stretching songs.

# STRENGTH

Get strong and confident: Our program focuses on building physical strength and control.



# SKILLS

Skills that impress: From basic moves to impressive tricks, our program teaches a range of exciting AcroDance skills.

# 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, READY SET BALLET and READY SET ACRO 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/bare feet are fine for the first couple of lessons. Once your child has settled you can purchase the official uniform at reception which we are sure you will love.

## **What is watching week?**

Watching day is where parents get to view their child dance as an audience in the classroom. It's a chance for your child to begin their first step to working on their performance skills. Watching week is usually held during the last week of each term, subject to concert/performance dates.

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

You may swap days if you miss a lesson as long as the make up class is not full and is the same level as your class.

## **How can I experience READY SET DANCE at home?**

READY SET DANCE airs every day on Nick Jr at 10am. You can also catch us on YouTube and the Nick Jr Play App. The Show has been so popular that it is now airing in 120 countries all over the world. Preschoolers love to dance along to their favourite songs from the TV show in their classes every week.

