



# HINTERLAND DANCE ACADEMY

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EST. 1978

Specialising in Classical Ballet  
+ Contemporary & Jazz

[www.hinterlanddanceacademy.com](http://www.hinterlanddanceacademy.com)



*A dance education lasts a lifetime!*

HINTERLAND DANCE ACADEMY  
SUITE 16 / 3029 THE BOULEVARD,  
THE FRENCH QUARTER AT EMERALD LAKES, CARRARA  
PH: 0406 152 019  
[andrea@hinterlanddanceacademy.com](mailto:andrea@hinterlanddanceacademy.com)  
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# About Our Academy

## Our focus:

ALL students at HDA are trained in classical ballet. This is without a doubt the main focus at our Academy. We do offer other dance styles and encourage versatility, however it is our policy that all our students have continued involvement with ballet as we feel it provides the essential technical foundation to any dancer's training. We feel solid ballet training gives students a basic movement vocabulary that is essential for other styles, therefore students must be enrolled in ballet before adding contemporary and jazz classes.

## Dance Styles Offered:

- **Classical Ballet**  
Studying classical ballet develops poise, confidence, coordination, and self-discipline. Very young dancers attend lessons once a week. We recommend that students from age 6 commence training twice/week and therefore gain access to study the world-renowned Royal Academy of Dance syllabus. Students are prepared for RAD examinations at the discretion of the teachers.
- **Contemporary**  
This style provides an extension to the classical technique and students must be enrolled in ballet classes to qualify for training in contemporary at HDA. Emphasis is on technique, movement qualities, and expressiveness. Students explore varied movement pathways, use of alignment, gravity, contraction, release and suspension.
- **Lyrical**  
This style combines techniques from ballet, contemporary, and jazz and is usually performed to expressive music with lyrics. This fluid style inspires an individual approach to story-telling through movement and challenges dancers to convey the emotions and tone of a song through their unique interpretation and execution of the choreography.
- **Jazz**  
Jazz dance is fast, fun, upbeat, and utilises a variety of popular music. Not only is it a good workout but it also provides students with good musicality, enhanced flexibility, a strong, confident stage presence, and the ability to think/learn quickly.

## What class/level can my child participate in?

<u>Class:</u>	<u>Age or Prerequisite:</u>	<u>Lessons per Week:</u>
Tiny Tots Ballet:	age 3-4	1 x 30min lesson (Mon or Sat)
Pre-Prep Ballet	age 4-5	1 x 30min lesson (Sat)
Prep Ballet	age 5-6	1 x 45min lesson (Wed or Sat)
Recreational Ballet 1	age 6-8	1 x 45min lesson (Sat)
Recreational Ballet 2	age 9-11	1 x 60min lesson (Sat)
Primary RAD Ballet	age 6+ by Jan 1 <sup>st</sup>	2 x 45min lessons (M&Tu)
Grade 1 RAD Ballet	age 7+ by Jan 1 <sup>st</sup>	2 x 45min lessons (M&Tu)
Grade 2-4 RAD Ballet	age 8-11	2 x 60min lessons (M&Tu)
Junior Open Ballet	attending Gr2-4	1 x 60min lesson (Sat)
Senior Open Ballet	IF level or higher	1 x 90min lesson (Sat)
Senior Open Pointe	IF level or higher	1 x 30min lesson (Sat)
Vocational Ballet Grades	at the teacher's discretion	3 x 60-75min lessons (M,Tu&Th)
Junior Jazz:	attending Primary or Gr 1 Ballet	1 x 30min lesson (M)
Junior Lyrical	attending Primary or Gr 1 Ballet	1 x 30min lesson (Tu)
Intermediate Jazz	attending Gr 2 or 3 Ballet	1 x 30min lesson (M)
Intermediate Lyrical	attending Gr 2 or 3 Ballet	1 x 30min lesson (Tu)
Pre-Senior Jazz	attending Gr4 or IF Ballet	1 x 30min lesson (M)
Pre-Senior Lyrical	attending Gr4 or IF Ballet	1 x 30min lesson (Tu)
Senior Contemporary	attending IF, INT, ADV Ballet	1 x 45min lesson (W)
Senior Lyrical:	attending IF, INT, ADV Ballet	1 x 45min lesson (W)
Senior Jazz:	attending IF, INT, ADV Ballet	1 x 45min lesson (W)
Stretch/Strengthen:	attending Gr4 or higher Ballet	1 x 45min lesson (W)

General guide only, teachers reserve final discretion for class placements

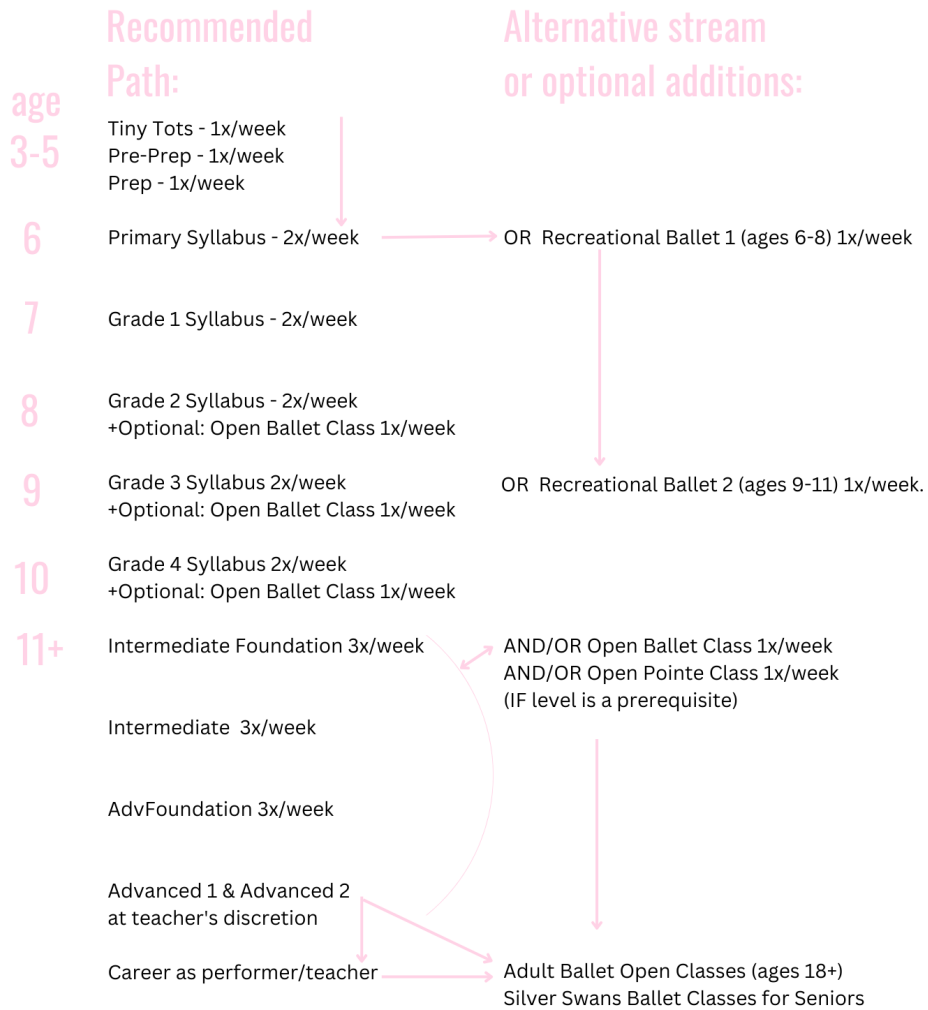
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# BALLET LEVELS

Ages are a guideline only. Teacher's reserve final discretion on class/level placement.



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# TIMETABLE

We have taken the time to carefully consider our timetable however some class times may still be subject to change.

	studio 1	studio 2	studio 3
M	9:30-10:00 Tiny Tots / Pre-Prep 1:00-2:00 Silver Swans 4:00-4:45 Gr1 4:45-5:45 Gr3 5:45-6:45 IF 6:45-8:15 ADV	4:00-4:45 Primary 4:45-5:45 Gr2 5:45-6:45 Gr4 6:45-8:00 INT	4:45-5:15 Prim/Gr1 Jazz 5:15-5:45 Gr4/IF Jazz 5:45-6:15 Gr2/3 Jazz
Tu	4:00-4:45 Primary 4:45-5:45 Gr2 5:45-6:45 IF 6:45-8:00 INT	4:00-4:45 Gr1 4:45-5:45 Gr3 5:45-6:45 Gr4 6:45-8:15 ADV	4:45-5:15 Prim/Gr1 Lyrical 5:15-5:45 Gr4/IF Lyrical 5:45-6:15 Gr2/3 Lyrical
W	4:00-4:45 Prep Ballet 4:45-5:30 Stretch/Strengthen 5:30-6:15 Sr Contemp 6:15-7:00 Sr Lyrical 7:00-7:45 Sr Jazz		3:30-5:30 Private Lessons
Th	9:00-10:00 Silver Swans 4:45-5:45 Private Lessons 5:45-7:15 IF/INT/ADV Ballet 7:15-8:15 Private Lessons		
F	12:30-1:30 Adult Ballet 1:30-2:30 Grade 8 Adult Ballet		
Sat	8:00-8:30 Tiny Tots Ballet 8:30-9:00 Pre-Prep Ballet 9:00-9:45 Prep Ballet 9:45-10:30 Recreational Ballet 1 10:30-11:30 Recreational Ballet 2 11:30-12:00 Private Lesson		7:00-8:00 Private Lessons 8:00-9:00 Gr2-4 Open Ballet Class 9:00-10:30 Senior Open Ballet Class 10:30-11:00 Senior Open Pointe

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# Compulsory Uniforms

## HDA UNIFORM SHOP

- Located in reception at HDA - open during school terms on Mon/Tues 3:45-6:00 and Sat 8:00-11:00
- We sell HDA leotards, skirts, tights, singlets, crops, shorts, leggings, dance bags, & bun kits for hair.
- We do not sell shoes. Our recommended shoe shop is Dance Desire located at 4/24 Central Park Ave, Ashmore, QLD, (07) 5564 5400

## HAIR

- Hair must be secured in a proper bun at all times for every ballet classes. Buns require elastic, hairnet, and usually about 8 pins placed North/South/East/West and then NE, SE, SW, NW.
- No large bows or scrunchies please.
- A ponytail is acceptable for jazz/contemporary/lyrical.

## BALLET

### Female Tiny Tots, Pre-Prep, Prep, Recreational Ballet 1 and Primary Ballet

- Pink HDA logo leotard
- Pink HDA chiffon skirt
- Pink canvas split-sole ballet shoes with elastics (Our preference: Capezio - Juliet or Hanami)
- Theatrical pink ballet tights (no underwear to be worn under tights/leotards please)

### Female Grade 1-4 Ballet, Recreational Ballet 2:

- Black HDA logo leotard
- Pink canvas split-sole ballet shoes with elastics
- Theatrical pink ballet tights (no underwear to be worn under tights/leotards please)
- Optional: Black canvas character shoes - Gr1&2 low heel / Gr 3&4 higher Cuban heel

### Female Vocational Ballet Grades

- Black HDA logo leotard
- Pink canvas split-sole ballet shoes with elastic
- Demi-pointe shoes for Intermediates + for exams
- Pointe shoes (it is suggested to have 2 pairs available at any given time)
- Theatrical pink ballet tights
- Short black chiffon/mesh skirt optional

### Male Ballet Attire:

- White short-sleeve leotard
- Navy leggings
- White socks
- White split sole canvas ballet shoes

## CONTEMPORARY, JAZZ, & LYRICAL

- Black HDA logo leotard or singlet
- Black HDA logo shorts
- Bare feet for contemporary & lyrical
- Beige leather split-sole shoes for jazz, (beige dance socks optional inside shoes for class)
- Stockings with stirrup or convertible foot may be required for performances

## ACCESSORIES

- No jewellery or watches allowed in dance lessons – with the exception of small stud earrings. Students will be asked to remove excess jewellery.

# Open Day SATURDAY 13/01/2024:

FREE TRIAL CLASSES! Register via our website.

8:00-8:30 Tiny Tots & Pre-Prep (age 3-4)

8:45-9:15 Prep, Recreational Ballet 1 & Primary (age 5-6)

9:30-10:00 Grade 1 & 2 (age 7-8)

10:15-10:45 Grade 3 & 4 and Recreational Ballet 2 (age 9-10)

11:00-11:45 IF & INT (age 11-12)

11:45-12:30 ADV (age 13+)

## Term Dates:

Term Dates	First Day of Term	Last Day of Term
Term 1	Sat Jan 20th	Thurs Mar 28th
Term 2	Mon Apr 15th	Sat Jun 22nd
Term 3	Mon Jul 8th	Sat Sept 14th
Term 4	Mon Sept 30th	Concert TBA

## Private Lessons

Private lessons are available and very popular at our Academy. They are a wonderful supplement for students who seek to gain specialised individual coaching, progress technically, learn a performance solo, and in some cases prepare for a career in the dance industry. We can tailor-make a program to suit the needs of the individual dancer. Please note our private lessons are intended to be added in addition to regular weekly group lessons as a supplement to help students to progress. We do not offer private lessons instead of group classes. Please contact us for more info.

## Annual Concert onstage at HOTA

Each year we produce a live performance event to showcase the students' achievements throughout the year. Each class learns a routine and all students are involved. This is definitely the highlight of the entire year as students are given the opportunity to wear costumes/stage makeup and feel like real professional dancers! We strive to go above and beyond to produce exceptional quality shows that incorporate state-of-the-art lighting, special effects, professional props / scenery, and multimedia elements.

## Extensions in Dance

Dancers who attend weekly private lessons in addition to a full load of weekly ballet classes may be invited to participate in our Extensions in Dance mid-year soloist performance at their teacher's discretion. This program is designed for dedicated students who are invited to take on new challenges and extend themselves beyond regular lessons and exams. It's a great chance to get more stage time and performance experience!

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# Fee Structure

Enrolment fee \$60/student/year

\$195 per term per each 30min lesson payable prior to the start of each term

\$215 per term per each 45min lesson payable prior to the start of each term

\$235 per term per each 60min lesson payable prior to the start of each term

\$255 per term per each 75min lesson payable prior to the start of each term

\$275 per term per each 90min lesson payable prior to the start of each term

\$45 per 30min private lesson, pre-paid in a 5-class-pass for \$225.

\$67.50 per 45min private lesson, pre-paid in a 5-class-pass for \$337.50.

\$90 per 60min private lesson, pre-paid in a 5-class-pass for \$450.

Casual (one-off) private lessons can also be arranged on request.

All tuition fees include GST.

## How and when to pay term fees?

- We email families invoices 5 times per year. There are 4 terms per year and invoices are sent prior to the start of each term. The final (5<sup>th</sup>) invoice is sent a few weeks into Term 4 to cover concert costumes.
- Tuition Fees are charged as a flat rate per term, regardless of public holidays or the number of weeks/term. Makeup lessons are not guaranteed and fees are non-refundable for missed lessons for any reason or if a student drops a class midterm. Please be mindful of this policy when booking family holidays.
- No refunds will be given in the case of a lockdown due to Covid-19. Lessons will automatically shift online or sometimes makeup lessons will be scheduled.
- All invoices must be paid within 14 days of receipt. Charges may be incurred after this period, and/or accounts may be passed on to third party collection agencies.
- Accepted Payment Methods:
  - Our preference is Direct Deposit to our NAB bank account
  - EFTPOS Cheque/Savings/Credit
  - Cash (exact amounts please in labelled envelopes)

## Beyond tuition, what other costs are involved?

- \$60 enrolment fee per student per year to cover administration and insurances
- \$45 concert/costume deposit per term. These funds will be held by HDA as a deposit towards the additional expenses associated with concert participation at the end of the year and this helps us to start sourcing costumes in advance. Families pay these deposits throughout the year and enjoy receiving a smaller concert/costume invoice at the end of the year.
- Appropriate class uniform, tights and shoes for lessons
- Costumes for the concert (1 per class), approximately \$95-150ea
- \$39 compulsory concert t-shirt each year
- \$60 compulsory concert fee which includes admin/dress rehearsal fees/photo day fee per student
- \$40 compulsory videography fee (you will receive a link to view/download the concert afterwards)
- All concert audience members are charged for admission to the show. (approx. \$55-\$60 per ticket)
- Professional photo day images (approx. \$10/image), taken in studio in front of a professional backdrop
- If applicable: RAD exam entry fees, hire of exam leotards/character skirts, fees for exam intensive week of extra lessons, private lessons \* Prices subject to change - please contact Miss Andrea if you require current estimates.

## Do we offer any discounts?

Students up to Gr 4/IF who enrol in all 3 available dance genres (2 ballet+lyrical+jazz) receive 50% off jazz.

Students INT who enrol in all 4 available dance genres (2-3 ballet+contemporary+lyrical+jazz) receive free jazz.

## Are missed lessons refundable?

No - apart from exceptional cases such as serious illness.

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# Useful information for HDA dancers and families:

## Our location:

- 16/3029 The Boulevard Carrara is located within the beautiful French Quarter of the Emerald Lakes village community behind Emmanuel College. Our building is on the corner of The Boulevard and Panorama Drive, and we are located upstairs on level 1. You will need to park and walk to our entrance which is just off the large piazza area near all the local cafes. Access to our reception and studios is via a class door and private stairwell just to the right of the fountain between MyFit Gym and Pooches and Pastries Café. Other nearby amenities include Gloria Jeans, Cabukee Café, Kokko Maria Deli/Café, public toilets, walking paths, and nearby children's playground.

## Arriving/Departing the studio: VERY IMPORTANT!

- Students should aim to arrive promptly for classes and should be picked up from reception promptly after class. We do not provide supervision/child minding before/after classes and parents will be contacted if a student is waiting around in reception for more than 5 mins.

## Parking:

- We have 9 allocated undercover parking spaces. 3 reserved spaces are located in the undercover parking lot off the roundabout between us and Emmanuel College (behind Gloria Jeans). Our 6 other reserved spaces are located in our "Maison" building with access off Panorama Drive. You will see signs which say "Reserved Parking for clients/staff of Hinterland Dance Academy." There is also plenty of free street parking available nearby. (3hr time limit on street) The Emerald Lakes Markets take place on The Boulevard most Thursdays so please allow a bit extra time to get to the studio for Thursday lessons.

## In the studios:

- Students are asked to please leave their dance bags on the shelves provided in order to keep our reception area tidy and their possessions safe. (Please no valuables)
- Absolutely no food or drinks allowed, except water, and no chewing gum in class.
- Students are encouraged to bring their own (labelled) water bottles to class. Teachers will advise appropriate times to drink. Water bottles must not be left at the dance studio or they will be discarded
- Please remove all outdoor footwear prior to entering any dance studio space.

## Communication:

- HDA mainly communicates with its dance families via email. We will send invoices, notices, and reminders from time to time, so be sure to provide your updated email address. Other studio news can be viewed on Facebook & Instagram.

## Parent Viewing:

- At HDA students go into lessons on their own without parents, with the exception of Tiny Tots/Pre-Prep students who may need a parent to help them get settled and feeling confident if it's their first day. If this persists beyond a week or two it may be suggested that the student wait to enrol once they are older and feel a little more confident. Our reception area is not large enough to accommodate parents to wait on site during lessons so when classes begin, parents are asked to please leave and then come back to collect their child after class. We ask that parents please do not sit on the floor and wait in the reception during lessons. Staying to observe classes through the windows of our studios is not permitted for child safety reasons. We also find it adds unnecessary distractions/pressure/anxiety for students who are busy learning/practicing new skills. Directly outside our studio, parents are spoiled for choice with all the lovely cafes and nearby walking paths so we appreciate your cooperation. We will arrange two official viewing opportunities for parents throughout the year - one is a parent viewing day in the studio at the end of Term 2 (half way through the year) to show parents what the students have achieved and what they are continuing to work on, and the other viewing opportunity is our performance on stage at the end of Term 4 in our annual concert. Thank you for your assistance to help us create the best possible learning environment for all.



**Warm-Up:**

- A proper warm up before a class or performance is essential in order to prepare the body and mind for the activity to come. Warming up reduces the risk of injury and improves the quality of the performance. Older students are expected to do their own pre-class warm-up.

**Absence from Class:**

- Regular attendance is expected of all students. If a student will be missing from a class it is their (or their guardian's) responsibility to inform HDA of each absence in writing with as much notice as possible. Do not contact teachers directly. All communication must be done through our office:
  - email [andrea@hinterlanddanceacademy.com](mailto:andrea@hinterlanddanceacademy.com)
  - text: 0406152019.

**Respect and Behaviour:**

- Students are expected to treat their peers and their instructors with the utmost respect. Students' behaviour will be constantly monitored and if deemed unacceptable by instructors the student will not be permitted to continue the class.

**Questions and Concerns:**

- Nobody knows a child better than his/her parent. If at any time any questions arise, please do not hesitate to discuss them with us.

## Hinterland Dance Academy Liability Terms and Conditions:

**Upon submitting enrolment forms, parents/guardians signify that they agree to the following terms and conditions:**

Parents/guardians must accept that dance is a physical activity where there is risk of personal injury from various causes, including accidents or over-exertion and they must accept full responsibility for their child's health and wellbeing whilst participating with Hinterland Dance Academy.

Parents/guardians must release Hinterland Dance Academy and its staff from all liability in case of injury or accident.

Parents/guardians must give consent to HDA staff to provide basic first aid assistance for their child if necessary.

Parents/guardians must understand and accept that occasionally a gentle hands-on approach for placing a student's body in the correct position may be necessary in the teaching of dance.

Parents/guardians must understand and accept that it is their own responsibility to supervise their child in the reception area, stairwell, and outdoor areas before/after lessons and parents/guardians will be physically present and supervising their child directly before/after classes for the safety of their child.

Parents/guardians must understand and accept that fees are charged as a flat rate per term and that makeup lessons are not guaranteed and fees are non-refundable for missed lessons (ie: if a child is sick, or away on school camp or holiday or if a child drops a class midterm).

Parents/guardians must consent to their child being photographed and/or filmed for class educational and training purposes, for any newsletters that may be emailed to other HDA families, and also during performances.

Parents/guardians must give permission for photos/video of my child to appear in advertising material for the Academy, including social media posts.

Parents/guardians must read all info in the Academy's Enrolment Pack and must assist in maintaining the standards described.