

# 2024 Starz Dance Info Pack



**Contact Information** 

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## -----2024 IMPORTANT DATES

#### **TERM DATES:**

Term 1: Thurs 1<sup>st</sup> Feb – Thursday 28<sup>th</sup> March 9x Weeks Duration – NO CLASS ON MON 4<sup>TH</sup> MARCH

- Term 2: Monday 15<sup>th</sup> April Sat 29<sup>th</sup> June 11x Weeks Durations – NO CLASS MON 3<sup>rd</sup> JUNE
- Term 3: Mon 15<sup>th</sup> July Sat 21<sup>st</sup> Sept **10x Weeks Duration**
- Term 4: Saturday 5<sup>th</sup> Oct Thurs 12<sup>th</sup> Dec 10x Weeks Duration

**CONCERT DATES** (optional up until concert costume confirmations In Term 3): To Be Confirmed (Oct/Nov)

### -----IMPORTANT INFORMATION

STARZ Dance runs on Monday afternoons out of the Large Hall at the VASTO CLUB (5 Vasto PI, Balcatta). There are accessible bathroom facilities onsite and plenty of parking for patrons. We encourage parents/carers to stay onsite during the class for extra safety & assistance where needed. <u>ALL NEW students trialling the class for the first time must have a parent/guardian remain onsite for the duration of the class</u>. We offer 3x different classes so please read the descriptions below to confirm which class will best suit your dancer.

#### STARZ JUNIOR (4.30pm - 5.15pm)

A dance & movement class for ages 4+yrs. The class involves free play & an obstacle course, warm up & stretch, listening songs, basic dance moves choreographed to current pop & children songs. The aim of the class is to promote fitness & Gross Motor Skills along with socialisation skills all while having fun and enjoying movement & music.

#### STARZ SENIOR (5.15pm - 6pm)

A dance & movement class for ages 10+yrs. The class involves warm up & stretch, listening songs & basic sign language skills, Basic-Intermediate Level dance moves choreographed to current pop songs. The aim of the class is to promote fitness, Gross Motor Skills and provides more of an opportunity to socialise/catch up with friends as well as providing a supportive environment for public speaking practice if they are wanting to share news/big events.

#### STARZ CREW (6pm - 6.45pm)

STARZ Crew is a more advanced and structured Hip Hop Dance class. The class involves warm up & stretch, break down & practice of fundamental hip hop skills, Intermediate Level dance moves choreographed to current pop songs. This class is designed 13+yrs students who are passionate about the technical & performance skills of dance and movement and want an opportunity to progress their dance skills in a welcoming and supportive environment. Please note that students who are considering joining this class MUST attend the STARZ SENIOR class to begin with and our team of experienced teachers will assess their suitability for this lesson.





# -----WHAT IS STARZ DANCE?

Starz Dance is our unique program for kids & teens with additional needs! Classes are lead by our team of dedicated and passionate Dance Teachers, Occupational Therapists, Physiotherapists and Peer Supports. Our Starz classes incorporate physical movement and traditional therapies, sign language and sign dancing plus we have a big emphasis on social development. Carers, parents and siblings are welcome to assist their loved one in their class, however we have plenty of extra hands on board to create independence within the lesson.

Our Starz students work towards a performance routine that is showcased at Dance etc. end of year concert. Although participation is optional, we encourage all Starz members and their families to take part as it is such a welcoming and exciting experience!

We run our Starz classes to align with normal school terms and have short breaks from lessons over the school holiday period.

Our Dance studio is built for all levels of physical abilities and we have a ramps and access ways for wheelchairs plus Disabled Toilet facilities (please note that there is no hoist available).

### -----WHAT ARE THE FEES?

Starz Dance classes are FREE of charge to all members. This is thanks to the generosity and continued support from our friends at SoulGestures.org & The Johns Family. There are also no fees whatsoever for students to participate in our End of Year Showcase as our funding goes towards concert tickets for families to attend and also helps pay for each students concert costume! As there is no financial obligation for enrolment, there is no excuse not to give it a go! Families are welcome to make a donation to the STARZ Dance program should they wish to contribute. All donations are tax deductible as STARZ DANCE WA is a registered not-for-profit charity registered on ACNC <u>STARZ DANCE WA LTD | ACNC</u>

### -----WHAT TO WEAR / BRING?

To ensure a comfortable and focused learning environment, we kindly ask all students to come dressed in appropriate attire. Please wear comfortable clothing that allows for ease of movement, such as leggings, dance shorts, or athletic pants paired with a well fitted top/tshirt. Avoid loose or baggy clothing that may hinder your movements or pose any safety risks. We kindly request that students wear undergarments that provide adequate coverage, ensuring that there is no visibility during class. This not only promotes a professional and respectful atmosphere but also allows everyone to concentrate on the joy of dance without distractions. Footwear is optional however we encourage well fitted sneakers that have clean soles (no mud/dirt/grass etc). Please bring along with you a water bottle (please avoid soft drink or overly sugary beverages). No food allowed in the Vasto Club Main Hall).

### -----GOT A QUESTION?

If you have any queries about our Starz Program and whether it is the right fit for your dancer please do not hesitate to reach out to our team. Our Starz Coordinator is available on 9240 4399 on Tuesday & Wednesday afternoons and Thursday mornings if you wish to chat. Otherwise send through an email to <u>admin@danceetcperth.com</u> and we will get back to you promptly.

We look forward to meeting your Super Star soon!

