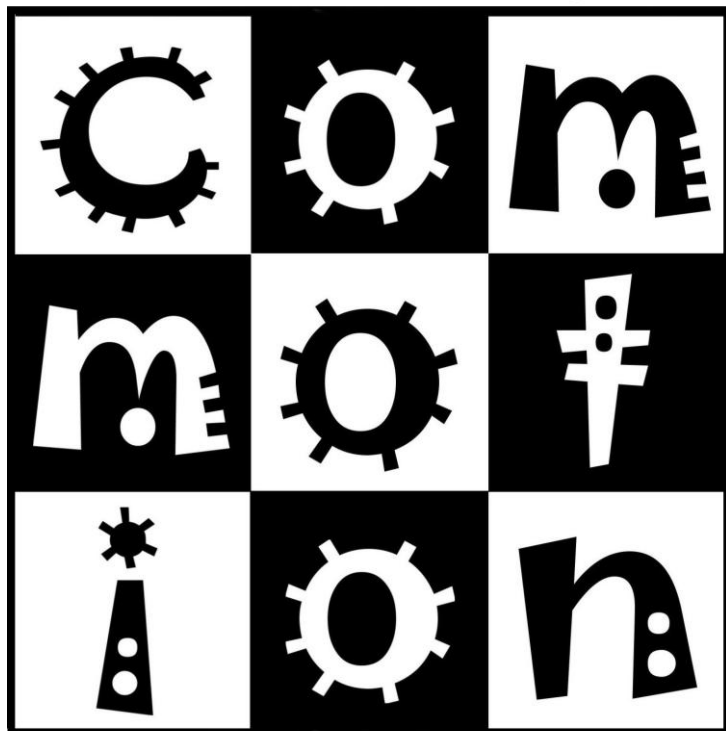


# Commotion

## School of Performing Arts

>>>2012 INFO PACK



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

Commotion offers high quality performing arts education at a minimal cost to parents. Our policy includes low fees, inexpensive costume hire, flexible dress code and convenience of location. While remaining affordable and hassle-free, Commotion School of Performing Arts provides quality teaching with an emphasis on performance professionalism. "Dancing without the fuss."

Our aim is to provide a safe, educational and recreational environment for all ages, with high-energy fun classes taught by experienced teachers in a friendly and encouraging atmosphere.

Operating out of our fully-equipped studio premises in Mount Annan, Commotion School of Performing Arts offers a huge range of classes catering for students of all ages and abilities. Our 2012 timetable has over 120 classes per week.

Whether you do one class a week just for fun & fitness, or you train for many hours a week in our "UNLIMITED" Program, Commotion School of Performing Arts is the place to be. There's a class for everyone at Commotion!

## CLASSES AVAILABLE >>>

### PRE-SCHOOL JAZZ

*Available to all students aged 3 - 4*

*Requirements... black Jazz shoes*

Mixing important Jazz technique with funky choreography, this class provides important dance technique foundations, whilst focusing on nurturing student's love of dance through fun movement and familiar songs. Starting with a warm up and stretch, the students then work on some technical progressions down the room (what we call corner-work), then return to the centre to learn some fresh choreography. The students develop a large range of skills including the art of performance. This fun class is ideal for everyone and is guaranteed to put a smile on any kids face.

### PRE-SCHOOL BALLET

*Available to all students aged 3 - 4*

*Requirements... pink Ballet shoes.*

The students will take a magical journey of the imagination as they are introduced to fundamental Ballet techniques including Tendus, Plies, Port de bra and Sautés. Dancing to popular music that students of this age group can enjoy, the fairies have so much fun each week whilst learning all about Ballet.

### PRE-SCHOOL TAP

*Available to all students aged 3 - 4*

*Requirements... pink Black Tap Shoes*

Tap dancing is all about rhythm and co-ordination. In this class students work on various basic Tap techniques. Tap is fun and extremely beneficial to the growth and development of young dancers.

### JAZZ

*Available in various levels and age groups to all students aged 5 to 20.*

*Requirements... soft black Jazz shoes (not Jazz Sneakers)*

The most popular of all of our classes, Jazz is the class where students can really develop the widest range of skills. We start with an extensive warm-up and stretch, then do some corner work (ie. Kicks, Leaps, Spins etc.) We then return into the centre to learn some choreography. Each week students learn new combinations, this helps them develop the ability to quickly pick up new choreography and introduces them to a large variety of movements and steps. It also adds variety to the class, making it more fun and exciting. Most weeks, the students will break into groups to perform the choreography for each other, helping to develop performance skills and confidence.

## **TAP**

*Available to all students aged 5 to 20.*

*Requirements... black lace-up Tap shoes*

Tap dancing is all about rhythm and co-ordination. In this class students work on various Tap techniques including everything from shuffles to double pick-ups and wings. Students are introduced to a variety of tap styles including Traditional Tap, Broadway Tap, Street Tap and Stomp Tap.

## **HIP HOP**

*Available to all students aged 7 to 20.*

*Requirements... White sneakers*

Hip Hop is the most fun of all the dance styles, and the most modern. Students will develop isolation techniques and classic Hip Hop skills. Most of the time in class will be spent learning new choreography and developing performance skills. At Commotion we always use inoffensive music and keep the movements appropriate for the age group. Commotion specialises in Hip Hop for children, and we are proud to provide up-to-date relevant moves and innovative choreography.

## **BALLET**

*Available to all students aged 5 to 20.*

*Requirements... pink Ballet shoes*

Many people say Ballet is the foundation of all other styles of modern dance. Ballet is all about grace, strength and control. The techniques learnt in Ballet class are essential for all dancers, even if your specialty is Hip Hop. Those that do Ballet will see improvement in all their other classes too. Ballet is where students learn about the discipline of dance and focus on developing and strengthening their technique. We will be working with our own unique syllabus, which is based around a R.A.D background. Commotion Ballet is fun. We use music from the pop charts, we avoid the out-dated old-fashioned exercises and we focus on developing the techniques and skills that are most relevant to modern dancers.

## **LYRICAL**

*Available to all students aged 9 to 20.*

*Requirements... foot-thongs or bare feet or soft black Jazz shoes*

*\*\*\*Students must do Ballet to be eligible to take this class*

Our "Lyrical" is a cross between Modern Expressive and Modern Contemporary. Lyrical takes the techniques learnt from Classical Ballet and puts them into context with modern music. Students dance to ballads from the current charts. Lyrical dance is about expressing emotion and portraying meaning or story through dance. It's about breaking down the structure and rules of Ballet and exploring new movement and feeling. Lyrical cannot be categorised into a box – it is an open dance style with endless possibilities and creative freedom.

## **SINGING**

*Available to all students aged 6 to 20.*

*Requirements... plastic sleeve folder for lyrics and notes - must be brought to class each week.*

Commotion School of Performing Arts offers group Singing lessons under the direction of our wonderful Singing teacher Hanna Hyeronimus. Students will learn various techniques and styles from Musical Theatre to Pop. Other topics in the course include scales, pitch control, microphone skills, performance techniques, breathing exercises, projection and harmonies.

Our Singing classes are kept to a small size so that each student gets individual attention. Over the year the class will build a repertoire of songs to perform. Many students will get the opportunity for small solo parts within the songs.

## **DRAMA/ACTING**

*Available to all students aged 6 to 18.*

*Requirements... plastic sleeve folder for scripts and notes - must be brought to each lesson*

Our Drama/Acting classes are fun and challenging. The students will learn a range of theatre and acting skills. Some of the topics covered are Improvisation, Drama Games, Shakespeare, Various Theatre styles, Physical Performance, Acting for Screen & TV, Scriptwriting and Play building, Speech patterns and Accents, Projection, Monologues, Character work and more. All of our Drama classes are kept to a small size to ensure plenty of individual attention for all students. Over the year, the class will learn several plays and scripts as a group, in pairs and also individual monologues.

## **MUSICAL THEATRE**

*Available to all students aged 8 to 15*

*Requirements... plastic sleeve folder for lyrics, scripts and notes - must be brought to each lesson.*

Musical Theatre is where Dance, Singing and Drama meet. In this class students will learn a range routines and songs from Broadway Musicals. This class is heaps of fun and will prepare students for a career in Musicals. Under the direction of Marlee Hyeronimus, students will enjoy exploring the exciting world of Musical Theatre, working on character, musicality, performance techniques and stage presence. The students will also learn it's like to develop and rehearse a Broadway Musical.

## **BOYS HIP HOP CLASS**

*Available to all students aged 7 to 12.*

*Requirements... you must be a boy!*

Boys only! This class provides an opportunity for the guys to work on their dance skills in a safe, comfortable environment – free from judgement and criticism. Focusing on a more masculine style of Hip Hop and utilising strength and attack, the Boys Hip Hop class is carefully designed to suit the needs of young male dancers from Beginners to Advanced. In addition

to Hip Hop skills techniques and choreography, students will also learn dance tricks and will be introduced to some basic Break-dance moves.

### **ACROBATICS & TUMBLING**

*Available to all students aged 6 to 20.*

The renowned Tiana Fahey-Leigh, who is a trained gymnast, professional performer and also runs the Acrobatics dept at Brent Street and Macdonald College, will focus on a developing a wider range of skills – everything from cartwheels, round-offs, walkovers, Barahnis, handstands, dive rolls, front flips, back flips, partner lifts, layouts and more.

### **GLENN WOOD TAP**

*Available to all students aged 6 to 20.*

*Requirements... Black lace-up Tap shoes.*

The Glenn Wood Tap Syllabus is fast becoming the most recognised Tap syllabus in Australia. There are now hundreds of dance schools all learning this unique and revolutionary style of Tap. The program breaks Tap dancing down into a simple and user-friendly structure to help students learn and master a wide variety of steps and techniques. There are currently 12 levels in the syllabus, from Beginner to Advanced. Each year an examiner comes to our studio and assesses the students on what they've learned. The creative rhythms, clear structure and rehearsal repetition of this syllabus make this class the best, most effective way to become an expert Tapper.

### **ADVANCED PRO CLASSES**

*Available to students aged 18 to 25*

These classes are for those that have been dancing for years and aren't ready to give it up yet. Please note these classes are designed for Advanced dancers, they will be fast paced with high choreographic and technical content.

### **ZUMBA!**

*Available for Adults aged 18 plus.*

If you have not yet jumped on the Zumba train and found this incredible phenomenon then you really need to give it a try. Sarah Kennedy is a Zumba legend and runs this fun and easy class designed for mums to get fit, lose weight and enjoy the groove. We have two Zumba classes a week to choose from. The Friday morning Zumba class runs at the same time as a Pre-School Jazz class, so mums with young kids can put their kids into dancing while they get to dance in the next room.

### **FUNKY GROOVES**

*Available for students aged 6 to 16 with special needs.*

Commotion is proud to be launching a dance program for children with special needs eg. Autism, Impaired vision, Physical disability etc.

### **R.A.D CLASSICAL BALLET**

*Available for students aged 5 to 20*

We welcome Miss Jo Simms to the studio as we introduce the most respected syllabus of Classical dance training in the world. Here it's all about dance discipline, and that is such an important thing. Students will need to adhere to a reasonably strict dress code and approach their class seriously and with a hard-working attitude, but the rewards to be reaped are incredible. The students in these classes have the opportunity to work with one of Australia's finest Ballet coaches and develop their technique to a higher level than they ever imagined. There will be examinations offered at the end of the year. For more information on the R.A.D classes – there will be a comprehensive guide available on our website on the 25<sup>th</sup> January.

### **LIL' GLEE CLUB**

*Available for students aged 4 to 6*

Sing, Dance and Act – all at the same time. This class creates mini-superstars! Have fun with Meg and Franny as you learn

### **TINY TOTS DANCE**

*Available for students aged 2 to 3*

This is where it all begins. Dancing basics and fun movements and musicality. This class is open to all young boys and girls who enjoying moving to music and performing. All students need to be fully toilet trained and comfortable in a class situation without their parents. We do not allow parents into the class room.



# FEES and PAYMENTS >>>

Classes at Commotion won't cost you an arm and a leg. In fact, even though Commotion School of Performing Arts has a reputation as one of the finest dance schools in Sydney, we are still one of the most affordable. Commotion hasn't lifted our base class price of \$10 for three years now. Students who do more than one class per week receive a large discount.

|                    |        |
|--------------------|--------|
| 1 class per week   | = \$10 |
| 2 classes per week | = \$19 |
| 3 classes per week | = \$27 |
| 4 classes per week | = \$35 |
| 5 classes per week | = \$42 |
| 6 classes per week | = \$48 |
| 7 classes per week | = \$53 |
| 8 classes per week | = \$57 |
| Unlimited classes  | = \$60 |



Troupe membership = \$15 (or just \$5 if on "Unlimited")

All classes missed must be paid for. If you are going to be away on holidays or in the case of injury for more than 3 weeks and you let us know in advance, you won't be charged for those classes. Payments can be made weekly, monthly or per term, as long as they are made in advance. (Term payments must be paid by week 4 at the very latest.)

This year we are introducing a new invoicing system.

Payments can be made in cash or cheques made out to Commotion School of Performing Arts. We have EFTPOS services available at the studio (Minimum \$15).

This year we are also offering B-Pay as an option. More information about this will be available in the Term One Newsletter on the 25<sup>th</sup> January.

Refunds are not available for change of mind or change of circumstances. If a class is cancelled, a refund will be given only upon request.

If payment is more than 4 weeks behind, your child will NOT be allowed to continue dancing. They will automatically be unenrolled and their place in each class will be given to anyone on the waiting list. In the case of "extreme financial difficulties" - a delayed payment plan can be requested from Ben if you arrange a time to discuss it with him. Please do not be offended if a payment schedule cannot be negotiated, remember we are a business with real expenses and staff and rent.

## **What is "UNLIMITED"?**

Any student aged 6+ can become a Commotion "UNLIMITED" member. This allows them to attend as many classes as they want at a capped price of only \$60 per week, "UNLIMITED" membership is great value. Also, if you are on "UNLIMITED" you save a further \$10 off your Troupe Membership Fee.

## **SATURDAY CLASSES ARE ONLY \$8!!!!**

We now have more classes than ever before on a Saturday. Ash and Kristel run a huge array of Jazz, Tap, Ballet and Hip Hop classes for a range of age groups. And to celebrate the Saturday revolution, all Saturday classes are only \$8!!!! The discount continues for the more you do...

TWO Saturday classes are \$15, THREE Saturday classes are \$21 and FOUR Saturday classes are \$26. I think it's time you considered dancing on a Saturday. This year we even have GRADED classes on Saturdays, so all dancers can be catered for.



# POLICIES AND GUIDELINES >>>

## UNIFORM

There is no set uniform at Commotion School of Performing Arts. (*"A dancer should not be measured by the neatness of their bun or the clothes that they wear, but by their attitude and dance skills alone."*) It is necessary, however, that all students wear appropriate dance attire to ensure that they feel comfortable and are able to move without restrictions. - no jeans, heavy jumpers, skirts etc. Correct shoes must be worn for each class. For safety reasons, no jewellery or watches should be worn to class. **Hair must be neat and tidy and worn off the face.**

We have a huge range of optional "Exclamation!" Dancewear (our very own brand) available at the studio for sale. Stock varies and is subject to availability. Prices are very affordable, with t-shirts \$20, pants \$30 and jackets from \$35. We also have bags, headbands, shorts, singlets and lots of limited edition clothing.

## FOOD AND DRINKS

Refreshments are available for sale at the studio at our front desk kiosk. We have cold drinks, lollies, chips, chocolates and more. We now also have fruit salad for sale, as well as dinner options such as dinners and other microwavables.

There is a microwave in the foyer, available for use by students and parents. Please ask for assistance if you are under 10 years old.

## TOILETS

The toilets are located opposite our front door and next to the florist. The toilets there are locked so you will need to pick up the key from the front desk. For safety, students under the age of 10 are not allowed to go across to the toilets without an adult accompanying them. Students under the age of 14 must travel in pairs. Please make sure that you look both ways before you cross the car park. PLEASE NOTE: Commotion School of Performing Arts holds no responsibility for any accidents that may occur as students cross the road to go to the toilet. It is up to the parents to decide if the student is capable to crossing safely.

## BAGS, RUBBISH AND NOISE

When called in for their first class of the day, students should bring their bags into their studio and hang them from the bag hooks provided. No belongings should be left in the foyer. During breaks in between class, and short drink breaks within class time, students should remain in the dance room unless going to the foyer to meet with their parents, buy something from the desk or go to the toilet. The foyer should be left for parents and students who are waiting to begin their first class of the day.

Students should not enter the dance rooms until the teacher calls them in to begin class. Please don't come in and sit down during the class before yours, because it is a distraction to the other students.

All rubbish MUST be removed when you leave. There are bins provided in the foyer and in the dance rooms. If your drink spills or your bag leaks, you are responsible for cleaning up the mess – please use the mop or sponge from the kitchen.

Parents and students AND THEIR SIBLINGS need to keep all noise to a minimum when in the foyer or waiting in between classes. Our studios are soundproofed, but some noise still leaks through and can distract the classes still in progress.

## TEACHER COMMUNICATION

Commotion School of Performing Arts now has a faculty of nearly a dozen teachers. Our teachers are talented, professional and dedicated. If you would like to speak to your child's teacher, whether it is to discuss their progress in class or just to ask some questions, please ask for an appointment at the front desk. We now have a message book, where you can write your name and number and who you would like to speak to, and that teacher will contact you at their earliest convenience.

If you only have a couple of short questions you might manage to catch the teacher in the foyer between classes. Please remember though that they have another class starting immediately and may not have much time. Under no circumstances should any parent enter the studio unless specifically invited in by the teacher. If you need to give an urgent message to your child please ask the receptionist at the desk to send in a note – rather than going into the dance room and interrupting the class.

## WEBSITE

Commotion School of Performing Arts has an official website [www.commotionkids.com](http://www.commotionkids.com), on this site you can find all the recent newsletters as well as lots of information about our studio, the teachers and our class timetable.

We also have a private Facebook group – (there is a link to it at the bottom of the homepage of our website). This is the BEST way to communicate with other students, parents and teachers. Questions are easily answered and the two-way communication, that's ONLY possible through Facebook is useful.

Commotion also has a Tumblr BLOG (the link is also on the Commotion website) – This is a daily updated NOTICEBOARD with messages from me, photos, videos and easily accessed "last minute news and tid-bits". This new technology allows me to update from my phone on the go, which makes it the best way to publish new info quickly and efficiently. I recommend parents check this blog regularly. It's also easily accessible from iphones and smartphones.

## HOLIDAYS AND WORKSHOPS

Commotion follows the NSW public school terms and does not usually run classes in the holidays. We do however usually start the year one week after school goes back, and this year we will also finish the year one week early – so that parents can have more time to wind down the year and get ready for Christmas. In the case of public holidays and long weekends, any cancelled classes will be listed on the website and students will be notified by email. If you don't hear from us, assume classes are still running as normal.

During the holidays we do offer dance workshops for those students who want to extend themselves as dancers and learn new things. All of our workshops feature guest teachers, who provide a unique perspective and innovative new choreography.

## LABELS AND LOST PROPERTY

There is a box of lost property behind the door in the foyer behind the door to studio one. At the end of every term, the box will be emptied and the lost property will be given to Lifeline. Please ask your child to check if they have left anything behind as you leave the studio. Please also make sure that you label all belongings.

## SECOND HAND DANCE SHOES

If you have any old dance shoes sitting at home, you can bring them in to the studio and put them into our second hand shoe box. Just write your name and number and amount you'd like to sell them for on the sole. When the shoes sell, the money will be given to you. Commotion will keep 20% commission towards our fundraising.

# THE CONCERT >>>

Every year all the students at Commotion School of Performing Arts are invited to perform in our annual dance concert. This is usually held in late November and is a huge event that all of the students and parents look forward to. This is the day when all students get to feel like a star.

Each class will begin learning their concert routine at the beginning of Term 3. The students work on this each week in class, developing their skills in the process and learning the importance of rehearsal, commitment, performance techniques and teamwork.

In 2012 we will once again have our main concert held at the amazing WIN Entertainment Centre in Wollongong. This incredible venue has hosted a huge array of international acts, and features exceptional equipment and facilities. There is loads of dressing room space and the audience holds up to 2000 per show. We have booked this venue for **Sunday 25th November**. All students will be performing in our epic 11<sup>th</sup> Annual Concert. Stage rehearsals will be held at the venue that morning.

Tickets for all performances are available through the studio at the end of Term 3 - they will also be available directly from the venue box office.

DVDs of the concert are also available, as well as amazing photo discs.

Students at Commotion don't have to purchase expensive costumes that they'll only use once, instead we hire out our costumes, from our extensive costume library, at incredibly affordable prices.

# HELPFUL HINTS >>>

## WHAT TO DO IF YOU'RE LATE OR GOING TO BE ABSENT?

If you're late for class, please make sure that you come in quietly and with your shoes on ready to dance. If your child is really too sick to come to class, or if you have other commitments that were unavoidable, then you should send an SMS to 0402 119 073 explaining that they won't be there that night, and why. This is really important – especially for Troupe rehearsals.

## HOW CAN I HELP MY CHILD IMPROVE?

Firstly, you should inspire them. Take them to musicals and shows, rent dance DVDs and expose them to the potential of professional dancing. Secondly, don't stand there and make them practise in front of you – the rehearsal process is a very personal one, and it is much easier without another person there to judge you. If you want your child to practice, suggest they put the music on and ask to see the dance after they've practiced it – not during. Remember, they don't want you to give criticism, all they want from their parents is praise & encouragement.

Also, a lot of people only do one class per week and wonder why the other students around them are improving so much quicker. The more you put into your dancing training the more you get out of it. Try a few different classes to see which styles suit your child the best.

Please don't underestimate the importance of eating healthy and staying hydrated. Dancers are athletes, and dance class can be extremely physically exhausting. Make sure your child has a drink (preferably water) with them, and some light snacks for during the breaks.

# CLASS PLACEMENT >>>

The staff at Commotion School of Performing Arts are extremely careful and concerned when choosing the correct level class for each student. It is very important to remember that all students are individuals with very different talents and ability levels and they will not all progress at the same rate. In maintaining a high quality of dance education, it is therefore sometimes impossible to keep the same students together in a class year after year. Many students may need extra help and a slightly slower pace to help them master new steps that might come easily to others. This is carefully considered when placing students in a class. Many students are easily discouraged when they are placed in too difficult a class. The most important thing is that the student enjoys the class and feels comfortable and happy. A happy learning environment is sure to yield progress. Remember, it is very common to see two children of the same age and with the same number of years training with extremely different capabilities. Commotion is a very progressive school and all of our classes are challenging.

Please do not be a competitive parent and want your child in a certain class because you think it's more advanced or a more difficult class. Class placement is the teacher's decision. After all, that's what he/she is trained to do. Every dancer is unique and we cater to the individual needs of every student.

Commotion School of Performing Arts has established itself as an institution of excellence in dance training. Please give the teachers the opportunity to observe your child in class, so that he or she may be placed at the appropriate working level.

## F.A.Q >>>

### Q. Are parents allowed to observe the class?

A. We don't allow parents into the classroom, because it can prove to be a distraction for the students. We do have an exclusive DanceCam system set up, with cameras in each room transmitting footage onto three LCD screens in the foyer. This lets parents see what's going on in class without distracting the students.

### Q. How much does it cost to enrol?

A. There is no enrolment fee at Commotion School of Performing Arts. The only costs throughout the whole year are the regular class fees and the concert costume fee at the end of the year.

### Q. Do you have insurance?

A. Commotion School of Performing Arts has \$10 million of Public Liability insurance which covers all students, teachers and volunteer workers. Our insurance is with AON Risk Services. Students are also covered by our insurance whilst performing with Commotion anywhere within Australia.

### Q. How do you quit or cancel enrolment?

A. If your circumstances change, or your child changes their mind, you can quit at any time. Please just notify the team at the front desk. If you do not notify us, you will still be liable to pay because we will assume your child has just missed a lot of classes and will be returning. This also applies for changing classes.

*If you have any other questions please don't hesitate to call Ben on 0402 119 073, or email [ben@commotionkids.com](mailto:ben@commotionkids.com)*



**The Commotion Kids Performance Team** (Troupes), will be undergoing some changes as we step up to a new level of dance excellence. We have longer rehearsal times for our older groups and we have many new exciting routines to create. Once again students will be selected for Troupe out of their regular dance classes and notified during week 2.

*There is a special Troupe audition session for NEW STUDENTS ONLY held on the first Friday at 4:00pm. This is to provide a fair opportunity for them to be seen by the staff.*

*The commitments for Troupe students won't be increasing, but the expectations of work ethic, technical ability and outstanding performance skill will increase. Unfortunately not all 2011 Troupe students will be invited to be part of our elite competition teams for 2012.*

*The minimum class requirements for Troupe students are as follows... (but as you know, the more you do – the better you get, and we recommend Troupe students do as many classes as they can, which is why we offer such extreme discounts and such an extensive variety of classes in our timetable.)*

*6/under – Jazz, Tap & Ballet*

*8/under to 16/under – 4 classes and must include Jazz, Hip Hop & R.A.D Classical Ballet.*  
*Open Age – Any 3 dance classes*

*There will be more information about Troupe released on the 25<sup>th</sup> January on our website.*